Get the Facts!

Nutrition Facts

Serving Size: 1 cup fresh okra

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 33</th>
<th>Calories from Fat 2</th>
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<tbody>
<tr>
<td>% Daily Value</td>
<td></td>
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</tr>
<tr>
<td>Total Fat</td>
<td>0.2g</td>
<td>0%</td>
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<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
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<tr>
<td>Trans Fat</td>
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<tr>
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<tr>
<td>Dietary Fiber</td>
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<tr>
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<tr>
<td>Protein</td>
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<td>Vitamin A</td>
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<td>Vitamin C</td>
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<tr>
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<td>4%</td>
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Visit the ONIE Blog to find more recipes, fun activities, and helpful tips!

www.onieproject.org

This material was funded by USDA’s Supplemental Nutrition Assistance Program - SNAP. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.
Recipe: Louisiana Catfish

Ingredients:
- 2 cups chopped frozen okra
- 1 3/4 cups frozen corn
- 1 medium onion, diced
- 2 Tbsp olive oil, divided
- 2 tsp creole seasoning, divided
- Nonstick cooking spray
- 4 (4 oz) catfish fillets

Preparation:
1. Preheat oven to 450°F.
2. In a large bowl mix okra, corn, onion, 1 Tbsp oil & 1 tsp creole seasoning.
3. Lightly coat a large glass baking dish with cooking spray. Spread vegetables evenly in dish & roast 20-25 minutes, or until tender & lightly browned, stirring twice.
4. Meanwhile, sprinkle remaining creole seasoning on both sides of fish.
5. In a large skillet, heat remaining oil over medium. Add fish & cook 4 minutes per side or until fish flakes with a fork.

Servings: 4

Recipe: Southern Rice

Ingredients:
- Nonstick cooking spray
- 1 cup chopped frozen okra
- 1/2 cup uncooked instant brown rice
- 1 tsp garlic powder
- 1 (14.5 oz) can no-salt-added diced tomatoes, drained
- 1 cup frozen onion & bell pepper mix
- 1 1/2 cups 33% less sodium chicken broth
- 2 tsp dried oregano
- 1/4 tsp cayenne pepper

Preparation:
1. Coat a medium saucepan with cooking spray & heat over medium-high. Cook onion & pepper mix 5 minutes, stirring occasionally.
2. Add broth, oregano & cayenne pepper. Bring to a boil. Reduce heat, cover & simmer 10 minutes.
3. Add okra, rice & garlic powder. Cover & cook 5-10 minutes, until rice is tender & liquid is absorbed.
4. Add tomatoes & mix well. Let stand 5 minutes before serving.

Servings: 4

How to select and keep fresh
- Look for brightly colored firm pods
- Store fresh okra in the fridge for up to three days
- Can also be saved and stored frozen

Oklahoma Season
July - October

Other Ways to Enjoy Okra
Baked! Sautéed! Roasted! Stewed! Grilled!

1 Serving: Calories 86, Calories from Fat 5, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 237mg, Total Carbohydrate 17g, Fiber 2g, Sugar 5g, Protein 3g

1 Serving: Calories 309, Calories from Fat 144, Total Fat 16g, Saturated Fat 3g, Cholesterol 53mg, Sodium 213mg, Total Carbohydrate 22g, Fiber 3g, Sugar 7g, Protein 13g