



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Okra



Pick it!

Fresh okra
should be firm
and brightly
colored.

Try it!

Okra goes well
with tomatoes,
onions, corn,
shellfish, fish
stock.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

S-0001-24

© 2024, South Dakota Board of Regents



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Okra

In season:



Summer

Pick it!

Fresh okra should be firm and brightly colored.

It can be stored, unwashed, in perforated plastic in the refrigerator for up to 3 days.

Once the ridges and tip start to turn dark, it should be discarded.



Try it!

Okra is most popularly prepared as gumbo, a Louisiana Creole dish. The juices in the okra help to thicken the sauce of the dish.

To make a light version of fried okra, slice the okra and season with some salt and pepper. Heat a frying pan over medium heat and coat with cooking spray and add okra. Turn okra in pan often with spoon or spatula, and cook until browned, about 10 minutes.

Serve with hot sauce or your favorite relish.

Okra also goes well with tomatoes, onions, corn, shellfish and fish stock.



Types of Okra

Clemson spineless: Most commonly grown in U.S., has ridges, straight and tapered pods

Burgundy: Only a few varieties with red/burgundy pods; plants may grow up to 4 feet tall



Did you know...

Thiamin is also known as vitamin B1. It helps the body change carbohydrates into energy and ensures proper heart, muscle and nervous system functions.

Like it!

Lite Fried Okra

Ingredients

- 2 cups fresh okra, sliced
- $\frac{3}{4}$ teaspoon vegetable oil
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- Cooking spray (nonstick as needed)

Directions

1. In a bowl, mix sliced okra, oil, salt and pepper.
2. Coat a large frying with cooking spray. Heat over medium heat.
3. Add okra mixture, and cook until brown, about 10 minutes, turning okra over often with spatula.
4. Serve with hot sauce or favorite relish.

Yields 4 servings

Nutrition Facts per Serving:

Total Calories 24; Total Fat 1g, Saturated Fat 0g; Cholesterol 0mg; Sodium 79mg; Carbohydrates 4g, Dietary Fiber 4g, Total Sugars 1g, Added Sugars included 0g; Protein 1g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/lite-fried-okra

**Find more recipes
and videos at
extension.sdstate.edu**

Okra with Corn and Tomatoes

Ingredients

- 2 Tablespoons canola oil
- 1 large onion, thinly sliced
- 2 bay leaves
- $\frac{1}{2}$ teaspoon each of thyme, red pepper flakes, basil
- 1 green bell pepper, seeded and finely diced
- 3 large fresh ripe tomatoes, seeded and chopped
- About 2 cups corn—fresh, frozen or canned
- 2 cups small (2 inch pods) okra pods, whole or in $\frac{1}{4}$ inch thick rounds
- $\frac{1}{2}$ cup water or chicken stock
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Directions

1. In a 10-inch iron skillet or heavy pan, heat olive oil, and add onions, bay leaves, thyme, basil and red pepper flakes.
2. Sauté and stir until onions are limp, add bell pepper, and continue cooking until onions are translucent.
3. Add tomatoes, okra, water, salt and pepper.
4. Reduce heat to low, and simmer uncovered for 15 minutes, stirring occasionally.
5. Add corn and cook 5 minutes longer.
6. Taste, adjust seasoning if needed. Serve hot on a bed of rice or pasta, if desired.

Yields 6 servings

Nutrition Facts per Serving:

Calories 130; Fat 5g; Cholesterol 0mg; Sodium 310mg; Carbohydrates 18g; Sugar 6g; Fiber 4g; Protein 3g

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.

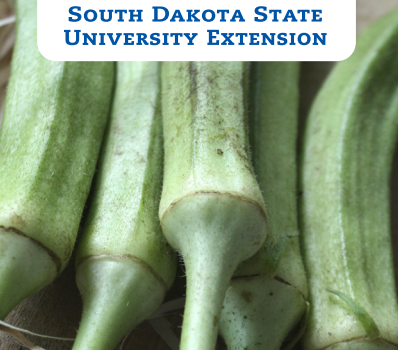
SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

S-0001-24

© 2024, South Dakota Board of Regents



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



**Find more recipes
and videos at
extension.sdstate.edu**

Okra

- Ripe when firm and brightly colored.
- Store, unwashed, in perforated plastic in fridge for 3 days.
- Discard when ridges and tips turn dark.
- Frozen okra may be most common form found in some stores.
- Okra goes well with tomatoes, onions, corn, shellfish and fish stock.
- For a light version of fried okra, slice and season with salt and pepper. Heat frying pan, add cooking spray and okra. Turn often, and cook until browned, about 10 minutes. Serve with hot sauce or relish.

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

Lite Fried Okra

Ingredients

- 2 cups fresh okra, sliced
- $\frac{3}{4}$ teaspoon vegetable oil
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- Cooking spray (nonstick as needed)

Directions

1. In a bowl, mix sliced okra, oil, salt and pepper.
2. Coat a large frying with cooking spray. Heat over medium heat.
3. Add okra mixture, and cook until brown, about 10 minutes, turning okra over often with spatula.
4. Serve with hot sauce or favorite relish.

Yields 4 servings

Nutrition Facts per Serving:

Total Calories 24; Total Fat 1g, Saturated Fat 0g; Cholesterol 0mg; Sodium 79mg; Carbohydrates 4g, Dietary Fiber 4g, Total Sugars 1g, Added Sugars included 0g; Protein 1g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/lite-fried-okra

Okra with Corn and Tomatoes

Ingredients

- 2 Tablespoons canola oil
- 1 large onion, thinly sliced
- 2 bay leaves
- $\frac{1}{2}$ teaspoon each of thyme, red pepper flakes, basil
- 1 green bell pepper, seeded and finely diced
- 3 large fresh ripe tomatoes, seeded and chopped
- About 2 cups corn—fresh, frozen or canned
- 2 cups small okra pods (2-inch), whole or in $\frac{1}{4}$ inch thick rounds
- $\frac{1}{2}$ cup water or chicken stock
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Directions

1. In a 10-inch iron skillet or heavy pan, heat olive oil, and add onions, bay leaves, thyme, basil and red pepper flakes.
2. Sauté and stir until onions are limp, add bell pepper, and continue cooking until onions are translucent.
3. Add tomatoes, okra, water, salt and pepper.
4. Reduce heat to low, and simmer uncovered for 15 minutes, stirring occasionally.
5. Add corn and cook 5 minutes longer.
6. Taste, adjust seasoning if needed. Serve hot on a bed of rice or pasta, if desired.

Yields 6 servings

Nutrition Facts per Serving:

Calories 130; Fat 5g; Cholesterol 0mg; Sodium 310mg; Carbohydrates 18g; Sugar 6g; Fiber 4g; Protein 3g



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Okra

In season:



Summer

Sampling Display Instructions

Okra with Corn and Tomatoes

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Canola or olive oil	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons
Onion, thinly sliced	1 small	1 medium	1 large
Bay leaves	1 leaf	2 leaves	3 leaves
Thyme, red pepper flakes, basil	⅛ teaspoon each	¼ teaspoon each	½ teaspoon each
Green bell pepper, seeded, diced	1 small	1 medium	1 large
Fresh tomatoes, seeded, diced	2 small	2 large	2 large
Corn-fresh, frozen or canned	1 cup	1 ½ cups	2 cups
Small okra pods, whole, or in ¼-inch thick rounds	1 cup	1 ½ cups	2 cups
Water or chicken stock	⅛ cup	¼ cup	½ cup
Salt	¼ teaspoon	½ teaspoon	¾ teaspoon
Pepper	Pinch	⅛ teaspoon	¼ teaspoon

Directions:

1. In a 10-inch skillet or heavy pan, heat olive oil, and add onions, bay leaves, thyme, basil and red pepper flakes.
2. Sauté and stir until onions are limp. Add bell pepper and continue cooking until onions are translucent.
3. Add tomatoes, okra, water, salt and pepper.
4. Reduce heat to low and simmer uncovered for 15 minutes, stirring occasionally.
5. Add corn and cook 5 minutes longer, do not overcook.
6. Transfer to a warm slow cooker for transport; keep warm.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/watch?v=-JAcS5YgFgb4



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time in small cups. Provide spoons. Ask parent's permission before children may sample.
- Ask them if they use okra often in their meals. Ask if they could use this recipe.
- Remind them that this recipe would be great served hot over a bed of rice or pasta.

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

S-0001-24

© 2024, South Dakota Board of Regents



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Okra

In season:



Summer

Sampling Display Instructions

Lite Fried Okra

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Okra	3 cups	4 cups	6 cups
Vegetable oil	1 ¼ teaspoons	1 ½ teaspoons	2 ¼ teaspoons
Salt	¼ teaspoon	¼ teaspoon	½ teaspoon
Pepper	¼ teaspoon	¼ teaspoon	½ teaspoon

Directions:

1. In a bowl, mix sliced okra, oil, salt and pepper.
2. Coat a large frying pan with cooking spray. Heat over medium heat.
3. Add okra mixture, and cook until brown, about 10 minutes, turning okra over often with spatula don't overcook.
4. Transfer to a warm slow cooker for transport; keep warm.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, fork, spatula for serving
- Pick it! Try it! Like it! produce sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtube.com/watch?v=ElJz-zOfUDiw



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time in small cups, provide spoons. Ask parent's permission before children may sample.
- Ask them if they use okra often in their meals. Ask if they could use this recipe.
- Remind them that this recipe would be a great snack or side dish.

This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.

S-0001-24

© 2024, South Dakota Board of Regents