

OKRA

GROWN IN MINNESOTA



Nutrition Facts

Serving Size 7(3 inch) pods (83g)

Calories	25	% Daily Value
Total Fat	0g	0%
Sodium	5mg	0%
Total Carbohydrate	6g	2%
Dietary Fiber	3g	12%

Protein 2g

Health Benefits

- Okra is a good source of vitamin C to help keep your immune system in top shape.
- Good source of fiber which can help maintain a healthy weight.
- Naturally low in calories as well as fat and cholesterol free.

DIFFERENT USES

- Trim ends of okra, coat in oil and grill 5 minutes each side, high heat. Sprinkle with lemon juice.
- Sauté okra in a pan for 5 to 10 minutes with your favorite spices.
- Blend okra in a stew or gumbo.
- Boil okra (drain water) and combine with stewed tomatoes, bell peppers, onions and salt.
- Top a salad or pizza with okra.

FUN FACT

- When okra pods are cut, they leak a sticky juice that is excellent for thickening soups and stews.
- Okra is grown in Minnesota but more commonly grown in the southern United States.
- Special varieties of okra have been harvested for its sour flavor and strong red color.
- Okra was discovered around Ethiopia in the 12th century B.C.