

# roasted okra

Serves: 12-14 (1 biscuit)

Prep and Cook time: 20 min

Per serving: 97 calories, 6 g fat,  
8 mg sodium

1 pound okra

2 TBS olive oil

Freshly ground

Salt to taste

Fresh thyme leaves to taste  
(optional)

pepper to taste

1. Preheat the oven to 450° F. Rinse the okra, and drain on a kitchen towel. The okra should be dry. Trim away the stem ends and the tips, just the very ends, and then place the okra in a large bowl. Add the salt to taste, and toss with the olive oil until coated.

2. Lift and shake the okra lightly, leaving behind any excess oil. Place on a sheet pan in one layer. Roast in the oven for 15 minutes (large okra might take a little longer), shaking the pan every five minutes. The okra should be lightly browned and tender, with a nice aroma. If you don't want it too brown, set the oven at 400 degrees.

3. Remove from the heat, toss with fresh thyme, if using, and freshly ground pepper. Transfer to a platter. Serve hot.

Vary It! Use this roasting recipe with other vegetables too! Use broccoli, carrots, Brussel sprouts, cauliflower, potatoes, beets, radishes, mushrooms, squash, zucchini, and tomatoes in place of the okra!