HEALTHY FOOD IN A SNAP
ROASTED OKRA

Did you know? All fruits and vegetables can be purchased with SNAP Benefits
Find out more at: www.urbanharvest.org/farmers-markets/SNAP
ROASTED OKRA

INGREDIENTS
1 pound okra, rinsed and dried
1 tbsp olive oil
2 tsp fresh thyme
¼ tsp garlic powder
½ tsp sea salt
ground pepper, to taste
pinch of cayenne pepper (optional)

INSTRUCTIONS
1. Preheat oven to 450 degrees.
2. Trim the okra stem ends and the tips.
3. Add oil and spices to a large bowl. Add okra to bowl and toss to combine in oil and spice mixture.
4. Place okra on a baking sheet in a single layer. Roast in the oven for 20-25 minutes, stirring the okra a few times. The okra will be lightly browned when ready. These are best when served immediately as they lose crispiness over time.

Recipe courtesy of: Shana Tatum RD, LD, Dietitian Nutritionist