

# Okra

Okra is an elongated lantern shaped vegetable. It is a fuzzy, green colored, and ribbed pod that is approximately 2-7 inches in length. The flavor of okra is a cross between asparagus and eggplant.

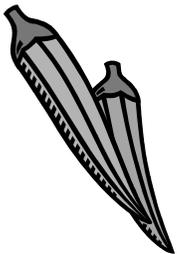
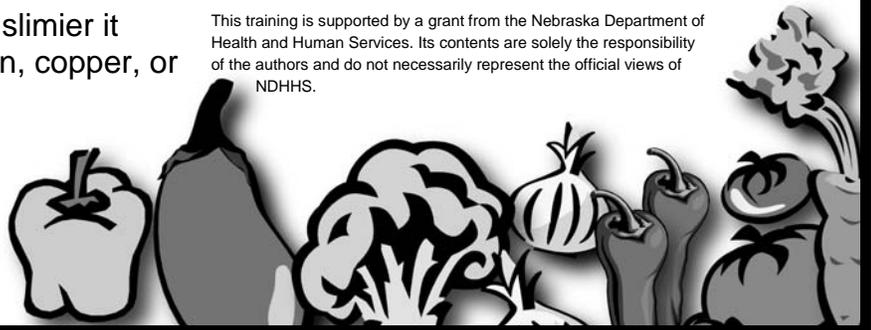
**Store:** To store place dry unwashed okra in a perforated plastic bag and refrigerate in the warmest area of the refrigerator. Use as quickly as possible because Okra does not store well. When ridges and tips start to turn dark it must be used or tossed.

**Prepare:** Do not wash until ready to use or it will become slimy. The more it is cut the more slimier it becomes. Do not cook in pans made of iron, copper, or brass as the okra will turn black from the chemical properties.

**Serve:** Okra is excellent sautéed or fried. It is commonly used to thicken soups and stews because of its sticky core. It can also be steamed, boiled, pickled or stir-fried whole.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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