



About Okra

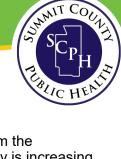
- Okra is frequently used in dishes from the Caribbean to China, and its popularity is increasing all the time.
- Most of the health benefits of okra are due to the minerals, vitamins, and organic compounds found in it.
- Okra is a good source of vitamin A and can help protect your eyes against macular degeneration and cataracts.

Selecting and Storing

- Look for brightly colored pods that are no more than 4 inches long.
- Do not wash until ready to use. Store okra in the refrigerator for 2 to 3 days.

www.scph.org

Okra





About Okra

- Okra is frequently used in dishes from the Caribbean to China, and its popularity is increasing all the time.
- Most of the health benefits of okra are due to the minerals, vitamins, and organic compounds found in it.
- Okra is a good source of vitamin A and can help protect your eyes against macular degeneration and cataracts.

Selecting and Storing

- Look for brightly colored pods that are no more than 4 inches long.
- Do not wash until ready to use. Store okra in the refrigerator for 2 to 3 days.

Spicy Okra

Makes: 10 servings (1/2 cup)

Ingredients

2 10-ounce packages frozen, cut okra

1 tablespoon olive oil

1 medium onion, coarsely chopped

1 (14.5 ounce) can of diced tomatoes

1 fresh jalapeno pepper (or habanero chili), pierced 3 times with a fork

1/2 teaspoon salt

1/4 teaspoon black pepper

Instructions

- 1. Rinse okra in a colander under hot water.
- 2. Heat oil in a 10-inch skillet over moderately high heat. Sauté onion for about 3 minutes. Add tomatoes (including juice) and chili, and boil.
- 3. Stir the mixture for 8 minutes. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
- 4. Stir in salt and pepper and discard the chili.

Source: https://www.nhlbi.nih.gov/files/docs/public/heart/cooking.pdf

Nutrition Facts

servings per container
Serving size

(113g)

Amount per serving Calories

Vitamin D 0mcg

Potassium 224mg

Calcium 63mg

Iron 0mg

4

0%

4%

0%

4%

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Su	gars 0 %
Protein 1g	

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

www.scph.org

Analyzed using EHSA Food Processor; version 11.4

Spicy Okra

Makes: 10 servings (1/2 cup)

<u>Ingredients</u>

2 10-ounce packages frozen, cut okra

1 tablespoon olive oil

1 medium onion, coarsely chopped

1 (14.5 ounce) can of diced tomatoes

1 fresh jalapeno pepper (or habanero chili), pierced 3 times with a fork

1/2 teaspoon salt

1/4 teaspoon black pepper

<u>Instructions</u>

- 1. Rinse okra in a colander under hot water.
- Heat oil in a 10-inch skillet over moderately high heat. Sauté onion for about 3 minutes. Add tomatoes (including juice) and chili, and boil.
- 3. Stir the mixture for 8 minutes. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
- 4. Stir in salt and pepper and discard the chili.

Source: https://www.nhlbi.nih.gov/files/docs/public/heart/cooking.pdf

Nutrition Facts

servings per container
Serving size

(113g)

Amount per serving Calories

45

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Su	ıgars 0 %

Protein 1g

Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 0mg	0%
Potassium 224mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.