

# Oven "Fried" Okra

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

1 HOUR | SERVES 8

## INGREDIENTS

- 1½ cups whole grain cornmeal
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne (optional)
- 2 eggs
- 2 pounds (about 4 cups) fresh okra, ends trimmed, cut in ¼-inch pieces

## NUTRITION FACTS

117 calories, 2g fat, 0g saturated fat, 320mg sodium, 21g carbohydrate, 3g fiber, 1g sugar, 4g protein

## DIRECTIONS

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. In medium bowl, combine cornmeal, salt, pepper, garlic powder, and cayenne (optional). In separate small bowl, beat the eggs with 2 tablespoons of water.
3. Coat okra pieces in egg and drench in cornmeal mixture. Spread on baking sheets in single layer.
4. Bake until crisp, 30–40 minutes, tossing once or twice during baking.