

# Recipe for: OVEN ROASTED OKRA

*Serves 10-20 students a sample size portion*

## INGREDIENTS

- 1 lb. okra
- 2-3 tablespoons olive oil
- salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 400 ° F.
2. Line a baking sheet with parchment paper.
3. Lay okra out in a single layer on lined baking sheet, drizzle with olive oil and season with salt and pepper. Toss with hands until okra is well coated.
4. Bake for 15 to 20 minutes turning half way through.

*\*Alternatively, turn the oven to broil, cooking okra for about 5 minutes, watching closely so pods don't burn.*



— SCHOOLYARD GARDENS —