

Roasted Okra

Total Time: 20 minutes

Ingredients

- 18 small fresh okra pods (If using larger pods, slice into ½ inch pieces.)
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt, or to taste
- 1/2 to 1 teaspoon black pepper, or to taste

Directions

1. Preheat an oven to 425°F.
2. Arrange the okra in one layer on a foil lined cookie sheet.
3. Drizzle with olive oil and sprinkle with salt and pepper.
4. Roast in the preheated oven for 10 to 15 minutes.
5. Turn every 5 minutes for even browning.
6. Experiment with other seasonings to your taste.

Nutrition Information Per Serving:

Calories: 61, Protein: 1g, Fat: 5g, Carbohydrate: 5g, Saturated Fat: 1g, Fiber: 2g, Cholesterol: 0mg, Sodium: 393 mg