Fried Okra

16 small pods of okra
½ teaspoon salt
¼ cup cornmeal
2 tablespoons vegetable oil

Slice pods of okra crosswise, about ¼ inch thick. Mix salt with the cornmeal in a bowl or a bag. Add okra slices to mixture to coat. Heat oil in a skillet. Fry okra until brown.

Yield: 4 4-pod servings.

Nutritional Analysis: 100 calories, 2 g protein, 10 g carbohydrate, 2 g fiber, 7 g fat, 0 mg cholesterol, 290 mg sodium.

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For more information, contact your county’s Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.

Season: June through September.

Nutritional Facts: Okra is a good source of vitamin C, folic acid, and soluble fiber, which helps to lower cholesterol, reducing the risk of heart disease. It contains only 20 calories in a ½-cup serving.

Selection: Select pods that are crisp, tender, and small, 2 to 4 inches long. Pods should be free from blemishes. Pods that have passed their prime will have a dull, dry appearance, contain coarse fibers, and taste stringy.

Storage: Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Okra will keep for only 2 to 3 days before it starts to deteriorate.


Okra exudes a unique juice that will thicken soups and stews. The taste complements tomatoes, onions, corn, and fish stock. It is mostly breaded and fried or used in gumbo.

Freezing: The best method for long-term storage. Okra must be blanched before freezing to hold the flavor and quality. It will hold in the freezer for one year.