

Oven “Fried” Okra

INGREDIENTS

- 4 cups fresh okra, stems removed and sliced into ½ inch rounds
- ¼ cup cornmeal
- ½ cup dry breadcrumbs (Italian style preferred)
 - *use gluten free panko breadcrumbs
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. hot sauce, optional
- 1 Tbsp. grated parmesan cheese, optional
- 1 egg, beaten
- 2 Tbsp. oil



DIRECTIONS

1. Preheat the oven to 425 degrees.
2. Beat egg with 1 Tbsp. water and hot sauce. Toss with okra until evenly coated.
3. Coat a large rimmed baking sheet with the 2 Tbsp. oil and place in the preheated oven for a few minutes.
4. Combine the cornmeal, bread crumbs, salt, pepper and parmesan cheese in a gallon storage bag.
5. Use a slotted spoon to transfer wet okra to bag and shake until coated. You may need to do in several batches. Carefully place okra on preheated baking sheet.
6. Bake until tender on the inside and golden brown outside (about 15 minutes). Turn okra halfway through baking. For extra crisping, increase oven heat to broil for the last 5 minutes, stirring occasionally.

NUTRITION FACTS

4 servings

Calories: 195

Fat: 10 g

Sodium: 588 mg

Total Carbohydrate: 19 g

Dietary fiber: 4 g

Protein: 7 g