

Baked Okra

14-17 okra pods (4 inches)

Garlic pepper blend

Cooking spray

Directions:

Preheat an oven to 375 to 400 degrees F. The temperature depends on how firm you prefer the okra pods. Arrange the okra pods in one layer on a foil lined cookie sheet. Spray pan and okra with cooking spray or drizzle with olive oil and sprinkle with garlic pepper blend. Turning pods ½ way during cooking times. Bake in the preheated oven for 20-25 minutes.

Serves 3-4

Nutrient Analysis, per serving: 17 calories, 4g. carbohydrate, 1g. protein, 0g. fat, 18mg. sodium