

Okra Quimbombo



Try It!



Selection

When buying Okra be sure it is only 2-3 inches long. If growing okra in home garden be sure to pick the pods when they are young as the pods will get tough as they increase in size.

To best preserve okra, you need to blanch it then freeze it. This will preserve all the nutrients that it has.

Uses

Okra produces a unique juice (mucilaginous) that is responsible for thickening in gumbo dishes. Besides gumbo, okra compliments tomatoes, onions, corn, shellfish and fish stock. The taste of okra is subtle and very similar to the flavor of eggplant.

SPICY OKRA

Ingredients

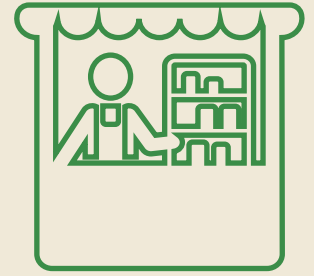
- 2 10-ounce packages frozen, cut okra
- 1 tablespoon vegetable oil
- 1 medium onion, coarsely chopped
- 1 14 ½-ounce can of diced tomatoes
- 1 fresh jalapeño pepper (or habanero chile), pierced 3 times with a fork
- ½ teaspoon salt
- ¼ teaspoon black pepper

Instructions

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skilled over moderately high heat. Sauté onion for about 3 minutes. Add tomatoes (including juice) and chile, and boil. Stir the mixture for 8 minutes. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
3. Stir in salt and pepper and discard the chile.

History & Fun Facts

Okra originated in the Abyssinian center of origin which includes present-day Ethiopia, the mountainous portion of Eritrea and the eastern part of Anglo-Egyptian Sudan. Okra was taken into Egypt by the Moslems and from Arabia, okra was spread over to North Africa, completely around the Mediterranean and eastward. Okra reached India after the beginning of the Christian Era. Okra was introduced to the U.S.A. by the French colonists in the early 1700's in Louisiana.



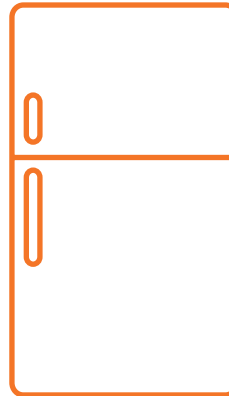
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Be sure to refrigerate un-washed, dry okra pods in the vegetable crisper. Wrap them in loosely perforated plastic bags and only keep rot 2-3 days.
- When the ridges and tips of okra start to turn dark then you need to use it or lose it



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- Good source of Vitamin C
- Good source of iron



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FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes.htm

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