

Roasted Okra Recipe



Ingredients

- 2 pounds fresh okra
- 1/4 cup pecan oil
- 2 tablespoons lime juice
- 2 tablespoons salt (pink Himalayan recommended)
- 1 tablespoon smoked paprika
- 1 teaspoon Cayenne pepper
- Zest from one lime

*Notes about ingredients:

- Any other cooking oil you have can be used in place of pecan oil.
- Lemon juice and zest can be used instead of lime.
- Your favorite curry spice can be substituted for the cayenne and paprika.



Instructions

1. Place a sheet pan in the oven and preheat the oven to 400 degrees F.
2. Place the okra in a large bowl.
3. Whisk together oil, juice, and all the spices.
4. Pour the dressing over the okra, toss, and let sit while the oven is preheating.
5. Pull the oven rack out halfway and evenly spread the okra on the hot sheet pan.
6. Push the rack back into the oven and allow okra to roast for 10 minutes.
7. Open oven and pull a piece of okra out to taste. Okra should be firm to the bite. If not done, allow okra to cook an additional 5 minutes.
8. Pull roasted okra from the oven, place on a platter, garnish with lime zest, and serve.

This recipe was generously shared with us by Chefarmer Matthew Raiford of Gilliard Farms.