

MS. BESSIE'S ROASTED OKRA WITH LEMON ZEST

Roasted Okra with Lemon Zest Ingredients:

- 1 1/2 LBS Okra
- 2 TBS Extra Virgin Olive Oil
- 1/4 TSP Red Pepper Flakes
- 1/2 TSP Sea Salt
- 1/2 TSP Black Pepper
- 1 Lemon Zested
- 2 TBSP Lemon Juice



Directions:

1. Preheat oven to 400 degrees.
2. Slice any large okra in half down the middle or use cut okra. Arrange all the okra on a rimmed baking tray, then toss with extra virgin olive oil to coat.
3. Sprinkle evenly with the sea salt, black pepper and red pepper flakes.
4. Roast in the oven for 15-20 minutes, depending on the size of the okra you have.
5. You can shake the tray halfway through cooking, or leave them be to get nice and roasted on one side only--it's up to you and how much attention you have to spare!
6. Remove from oven and sprinkle the lemon zest and/or lemon juice evenly over all the okra.
7. Serve immediately! You can eat the whole okra if small enough. The larger okra you may eat up to the cap, which often becomes more tough as the okra grows.

Special Tip From The Chef!

Choose small okra for more tender pods once roasted!
Then you won't even need a knife to prepare this meal!

