

Okra

The newsletter that provides information for local and nutritious seasonal eating.



June 2025

Benefits of Okra

Okra is a nutrient-rich, low calorie vegetable that has many benefits. It is ideal for heart healthy and weight conscious diets, and can even help stabilize blood sugar! Okra is easy to incorporate into your diet, as a snack or part of your main meal. Okra contains...

- **Fiber:** Helps you feel fuller longer, and helps control your weight.
- **Vitamin C:** Boosts your immune system to help fight off infections and illnesses.
- **Vitamin K:** Helps clot your blood and keeps your bones strong and healthy.
- **Vitamin B6:** Supports brain function, and helps your body make energy.
- **Vitamin A:** Prevents weakening of muscles while also supporting eye health.
- **Antioxidants:** Protects your cells from damage, reducing your risk of chronic disease.



Seasonal Produce

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|---------------|---------------|
| • Apples | • Green beans |
| • Asparagus | • Snap Peas |
| • Beets | • Lettuce |
| • Blueberries | • Okra |
| • Cantaloupe | • Mushrooms |
| • Cauliflower | • Peaches |
| • Cucumbers | • Potatoes |

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Partners In Your Health



Recipes

Air Fryer Okra Serves: 6, Serving Size: 2/3 cup

Ingredients:

- 1 pound okra pods
- 2 tsp olive oil
- ¼ tsp salt
- ¼ tsp pepper

1. Wash and dry the pods
2. Slice lengthwise
3. Place the okra pieces in a bowl
4. Sprinkle with oil, salt, and pepper
5. Mix all ingredients together
6. Spray the air fryer with olive oil
7. Transfer okra to basket
8. Cook at 350 degrees for 8-10 minutes
(If using oven) 450 degrees for 20-25 minutes



Nutrition Facts: Calories: 39, Total Fat: 1.7g, Saturated Fat: 0.2g, Sodium: 102 mg, Carbohydrate: 5.8g, Fiber: 2.8g, Sugar: 1.1g, Protein: 1.5g

Source: Recipe modified from <https://cookeatlivelove.com/air-fryer-okra/#recipe>



Okra Summer Salad Serves 8, Serving Size: 229g

Ingredients:

- 1 pound fresh okra
 - 1 can (15oz) black beans
 - 1 cup of corn
 - 1 white onion, diced
 - 1 pound cherry tomatoes (halved)
 - 3 tbsp olive oil
 - 1 ripe avocado
 - ½ tsp salt
 - ½ tsp black pepper
1. Boil water with salt in a pot
 2. Blanch the okra for about 3 minutes
 3. Drain and cool okra until room temperature
 4. Cut okra into ½ inch pieces and discard stems
 5. Mix okra with remaining ingredients
 6. Enjoy!



Nutrition Facts: Calories: 178, Total Fat: 8.2g, Saturated Fat: 1.2g, Sodium: 262 mg, Carbohydrates: 22g, Dietary Fiber: 8.2g, Sugar: 4g, Protein: 6.4g

Source: Recipe modified from <https://www.foodandwine.com/recipes/okra-summer-salad>

References:

1. Silvey A. 9 Health Benefits of Okra: A Nutritional Powerhouse for Heart, Bone, and Overall Well-Being. Senior Fitness. November 24, 2024. Accessed January 30, 2025. <https://www.seniorfitness.org/health-benefits-of-okra/>