

# OKRA



Okra is a fuzzy green vegetable full of fiber and vitamins that can make a great addition to your dinner.

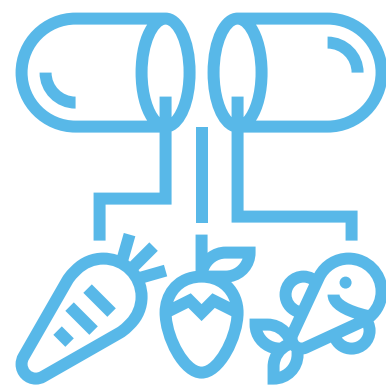


## BUYING

Okra season is from June through September. Look for okra that is bright green and firm. Avoid limp, moldy, or dried out okra.

## VITAMINS

There are a variety of vitamins found in okra including vitamin A, vitamin C, vitamin K, and folate. These vitamins help with healing the body, and boost the immune system.



## FIBER

Okra contains 3g of fiber per 1 cup serving which is over 10% of the recommended daily amount. Fiber helps digestion and is good for your heart.

## COOKING

Okra can be added to a variety of dishes or eaten on it's own. Adding an acid like vinegar or lemon juice while cooking can prevent okra from becoming slimy.

