
Grilled Okra

Description

Looking to eat better this new year? Okra is rich in antioxidants and nutrients.

Total time: 10 min Yield: 4 servings

Ingredients

12 oz fresh okra (wash, dry well)

1 Tbsp toasted sesame oil

1 Tbsp soy sauce

1 Tbsp Sriracha (optional)

Prep Time: 5 min Cooking Time: 5 min Total Time: 10 min

Instructions

Preheat the grill to high. Place okra into a medium size bowl, add sesame oil, soy sauce, Sriracha and toss to coat okra.

Place on the preheated grill and grill for 2 to 3 minutes per side, until nicely charred and soft. Add grilled okra back to the bowl with the marinade, garnish with toasted sesame seeds. Serve warm, enjoy this as a vegetable side dish or as a light healthy pupu.

Recipe brought to you by:

Chef Ryan Covert