

# OVEN-FRIED OKRA

*Looking for the taste of fried okra without the calories? This is how you do it! An oven with convection fan yields the best results, but if you have no fan, simply rotate the pan and turn over each piece to cook evenly. Adjust oven rack to highest position and turn on fan if possible. Panko are Japanese breadcrumbs that have a light texture and are well suited for this recipe- stuffing mix will work equally well if first pulsed in a food processor to break down the largest pieces.*

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## Ingredients

8 ounces medium Okra,  
about 24 pieces

¼ Cup Dijon Mustard

1 Tablespoon  
Mayonnaise

2 Cups Panko or  
breadcrumb stuffing  
mix

Pan Spray

Dipping Sauce- White  
BBQ sauce is great!

## Directions

Preheat oven to 400F.

Wash okra thoroughly to remove any fine hairs that can be irritating and then dry with paper towels.

Trim the stem ends and cut any larger pieces in half for uniformity.

Whisk together the mustard and mayonnaise in a medium size bowl.

Prepare a baking sheet with parchment or foil and grease with pan spray liberally.

Dip a few pieces of okra at a time into the mustard mixture and then in breadcrumbs, pressing them all over to coat as thickly as possible, and then place on greased baking sheet. Repeat for remaining okra, spreading out all the pieces so that they have plenty of room between each.

Use pan spray to coat each piece liberally with a fine mist and place on top rack of oven.

Bake for 8-12 minutes, turning halfway through. Breadcrumbs should be dark brown and crispy.

Serve on a platter with dipping sauce or as a side vegetable.