

**OKRA MELANGE**

**Yield** 100

**Portion** 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
47 cal	10 g	2 g	1 g	0 mg	196 mg	73 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 ONIONS, FRESH, CHOPPED  
 GARLIC POWDER  
 CELERY, FRESH, CHOPPED  
 PEPPERS, GREEN, FRESH, CHOPPED  
 OKRA, FROZEN, CUT  
 TOMATOES, CANNED, DICED, DRAINED  
 SALT  
 PEPPER, BLACK, GROUND  
 JUICE, LEMON  
 PARSLEY, DEHYDRATED, FLAKED  
 BREADCRUMBS, DRY, GROUND, FINE

**Weight**

2 oz  
 2 lbs  
 2-3/8 oz  
 1 lbs  
 2 lbs  
 14-2/3 lbs  
 7-1/8 lbs  
 1-1/4 oz  
 1/4 oz  
 8-5/8 oz  
 1/8 oz  
 3-3/4 oz

**Measure**

1/4 cup 1/3 tbsp  
 1 qts 1-5/8 cup  
 1/2 cup  
 3-3/4 cup  
 1 qts 2-1/8 cup  
 2 gal 1 qts  
 3 qts 1 cup  
 2 tbsp  
 1 tbsp  
 1 cup  
 1/4 cup 1/3 tbsp  
 1 cup

**Issue**

2-1/4 lbs  
 1-3/8 lbs  
 2-1/2 lbs

**Method**

- 1 Spray steam jacketed kettle with non-stick cooking spray. Saute onions and garlic in a steam-jacketed kettle until translucent. Add celery and green peppers. Cook an additional 5 minutes.
- 2 Add thawed okra and drained tomatoes. Cook okra.
- 3 Season with salt, pepper, lemon juice and parsley. Place in baking pans. Sprinkle with bread crumbs. Using a convection oven, bake at 400 F. for 10 minutes or until bread crumbs are brown. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.