

Roasted Okra

Q-032-50
Vegetables

Color Code: Green
Sodium: Moderate

Yield: 100 Portions

Each Portion: $\frac{3}{4}$ cup (2 oz)

Pan Size and Number: 18 x 26-Inch Sheet Pans (12)

Temperature: 425°F
(218°C)

Time: 13 - 14 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
OKRA	11-½ gal	30 lb	33 lb 5 oz
OIL, CANOLA	2 cup	15 oz	
SALT	¼ cup	2-½ oz	
PEPPER, BLACK, GROUND	3 tbsp	0.65 oz	
COOKING SPRAY, NONSTICK		2 oz	

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G-31.
Remove tops from okra and slice in half lengthwise.
2. Preheat oven to 425°F (218°C).

3. In a large mixing bowl, toss sliced okra with oil, salt, and pepper to evenly distribute spices.
4. Lightly spray each sheet pan with nonstick cooking spray.
5. Place about 3-³/₄ qt okra on each sheet pan. Arrange in an even layer.
6. In an oven on convection mode, roast okra at 425°F (218°C) for 13 to 14 minutes, until golden brown and fork tender.
7. Serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
2. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	71
Carbohydrates	7 g
Sugars*	3 g
Protein	3 g
Fat	5 g
Saturated Fat	0.4 g
Sodium	284 mg
Calcium	116 mg
Fiber	3.5 g



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