

Make Oven-Baked Okra

Fried okra is a traditional Southern treat! By baking up a batch, your child will learn more about regional cooking. Along with being a tasty side dish or snack, oven-baking okra instead of frying it makes a healthy for the entire family!

What you need:

- 1 bag frozen okra
- 2 tablespoons milk
- ½ cup bread crumbs (seasoned or unseasoned)
- 2 tablespoons flour
- Plastic zip-top bag
- Salt
- Pepper
- 2 tablespoon vegetable oil
- Strainer
- Sheet pan
- Spatula
- Paper towels



What You Do:

1. Practice good kitchen habits: before she gets started, make sure your child washes her hands.
2. Invite your child to rinse the okra in the strainer with fresh water.
3. Now she can pat the okra dry with a paper towel and mix the flour, breadcrumbs, salt and pepper together in a plastic zip-top bag. While she's measuring and mixing, have your child set the oven temperature to 400 degrees Fahrenheit.
4. The dried okra can be coated with the milk and then tossed in the bag and given a good shake, making sure all the okra has been covered.
5. Have your child get out a sheet pan and coat it with 2 tablespoons of vegetable oil. Now your child can place the okra on the sheet pan in an even layer, making sure none are touching or overlapping.
6. Now it's time to get baking! Your child can place the sheet tray of okra in the oven and set the timer for 10 minutes.
7. When the timer dings, she can use a spatula to flip her okra, helping to evenly brown the other side for another 10 minutes! Make sure your child uses an oven mitt – the oven is hot!
8. Once the okra has finished baking, she can place the okra on a sheet of paper towel and let drain for a couple of minutes.
9. Now she can put the baked okra on a serving plate and share it with friends and family!