

Steamed Okra

Do you hate slimy boiled okra? You put it your mouth, and you feel like it will slide right down your throat. Well, Nana is revealing her tried and true secret method to preparing steamed okra with no slime. She even convinced a friend from California to like okra with this recipe.

Ingredients

½ pound okra
4 tablespoons butter
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon sugar



Instructions

- ❖ Wash okra, and place in a steamer basket with boiling water below it.
- ❖ Steam for about 3-4 minutes or just until heated through and the okra transforms to a brighter green.
- ❖ Remove from steamer and place in a serving dish.
- ❖ Drizzle with melted butter. Sprinkle with salt, pepper, and sugar. Give it a toss and enjoy.

This is especially good with black-eyed peas.
The key is not to overcook the okra.


Nana's Kitchen
Made With Love and Purpose