

# Roasted Okra

## Ingredients

- 2 cups okra
- 1-3/8 tsp vegetable oil
- 1/2 tsp garlic, granulated
- 4 tsp parmesan cheese, shredded



## Directions

1. Cut fresh okra into 1/2 inch circles, then toss in oil.
2. Mix in granulated garlic and parmesan cheese with okra and toss together until fully coated.
3. Bake on baking sheets lined with parchment paper for 10 minutes at 375°F. After 10 minutes, stir and bake for another 10 minutes until tender.
4. Store on 9 x 13 inch pan until service time in oven on warm setting.

## Notes

**Number of Portions:** 4

**Serving Size:** 1/4 cup

**Nutrition Facts:** 39 calories, 2.17 g fat, 0.53 g saturated fat, 31 mg sodium, 4.02 g carbohydrate, 1.63 g fiber, 0.8 g sugar, 1.63 g protein