





United States Department of Agriculture

Skillet Okra with Garlic

Yields 6 servings

Prep Time: 15 minutes

1 lb of okra

1/4 cup olive oil

3 cloves of garlic, minced

Salt and pepper to taste

1. If using fresh okra, cut the ends of the okra and cut into 1/2-inch slices. If frozen, just open the bag.
2. In large skillet, heat the oil over medium-high heat.
3. Add okra, garlic, salt, and black pepper.
4. Cook, stirring constantly, until tender and lightly browned, about 10 minutes.

Recipe adapted from [@howtofeedaloon.com](https://www.howtofeedaloon.com)

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