

ROASTED OKRA

Cook time: 30 minutes (5 minutes prep, 25 minutes cooking)

Serves 4

Remember to handle okra carefully because it can bruise easily. And try to select okra that is no bigger than your thumb; smaller, younger pods are more flavorful. Also, don't get freaked out by the sticky goo that comes out of okra. When you roast it, the goo will dry up and you'll be left with crispy and delicious pods.

Ingredients:

1 pound okra

1 Tablespoon (or so) olive oil

1 Tablespoon fresh thyme (or ½ Tablespoon dried)

A few shakes of cayenne pepper

¼ teaspoon salt, and pepper to taste

Instructions:

1. Preheat oven to 450°F (220°C).
2. Wash your okra, and trim off the pointy ends and the stem caps. Cut in half, and place halves in a mixing bowl.
3. Toss with olive oil, salt, pepper, thyme, and cayenne.
4. Turn onto a baking pan, making sure okra is evenly distributed across the pan and not piled on top of each other.
5. Roast for 20-25 minutes, checking and stirring every five minutes or so for doneness.
6. When the okra pods are nicely brown and looking a little crispy, remove from oven and enjoy!