
West Texas Fried Okra

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 4

1 pound okra (stems and tips removed), sliced

1 cup cornmeal

bacon drippings

salt

Place the cornmeal in a plastic bag. Add the okra and shake.

In a skillet, cook the okra in bacon drippings, stirring over medium high heat until golden brown. Salt well. Drain on paper towels.

Serve hot.

(When the okra is prepared this way, it is crunchy and light.)

Side Dishes

Per Serving (excluding unknown items): 126 Calories; 1g Fat (4.1% calories from fat); 3g Protein; 27g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 1/2 Grain(Starch).