

Okra Pickles

Ann Ethridge

St Timothy's - Hale Schools - Raleigh, NC - 1976

*3 pounds okra, sliced
1 pint white vinegar
1 red pepper, chopped
dill or dill weed
1 quart water
1/2 cup salt
pinch alum
1 pod garlic*

Wash the okra.

Combine the okra, garlic, dill and alum.

In a pot, heat the water, salt and vinegar to the boiling point. Pour over the okra mixture.

Place in jars and seal hot.

Per Serving (excluding unknown items): 621 Calories; 2g Fat (2.1% calories from fat); 28g Protein; 141g Carbohydrate; 46g Dietary Fiber; 0mg Cholesterol; 51306mg Sodium. Exchanges: 22 Vegetable; 2 Other Carbohydrates.