



### SPICY OKRA FRIES

1 pound small okra  
1 tablespoon olive oil  
1 teaspoon cayenne pepper  
Salt/pepper to taste

1. Preheat oven to 400 degrees.
2. Slice okra lengthwise and remove top.
3. In a bowl, toss okra with olive oil, cayenne pepper, salt, and pepper.
4. Spread okra in a single layer on baking sheet.
5. Bake for 10-15 minutes until brown and crisp.
6. Enjoy!!!

*Recipe Adapted from one by Stephanie Barnett*