

Our State eats

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Charred Okra

Yield: 4 servings.

1 pound fresh okra, washed and cut lengthwise

4 tablespoons olive oil, divided

½ teaspoon garlic powder

½ teaspoon salt, plus more to taste

Juice from one lemon

Freshly ground black pepper to taste

Heat a cast-iron skillet or heavy-bottomed skillet on medium-high for 5 minutes. Add 2 tablespoons of olive oil and heat for 1 minute. Add okra and sprinkle with garlic powder and ½ teaspoon salt. After 1 minute, turn okra over and continue cooking on medium-high heat. Add lemon juice and remaining olive oil to coat okra, then remove it from the pan. Add black pepper and more salt if desired. Serve immediately.



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