



Crunchy Cajun Okra with Lemon Garlic Mayo

These Cajun-style okra spears are irresistibly crunchy, boldly seasoned, and come together with just a few simple ingredients. Packed with fiber and flavor, they make a yummy, easy-to-make snack that satisfies both your cravings and your nutrition goals.

Serves: 4

Ingredients:

- 1 pound fresh okra pods
- 2 tablespoons of olive oil or vegetable oil
- 2 teaspoons garlic powder
- ¼ tsp cayenne pepper
- ½ teaspoon sweet paprika (can use smoked paprika)
- 1 teaspoon black pepper
- Salt to taste

Lemon Garlic Mayo:

- ½ cup light mayonnaise
- 2 cloves garlic, peeled and crushed
- ¼ tsp. lemon zest
- 2 Tablespoons fresh lemon juice
- salt and pepper to taste

Directions:

1. Preheat oven to 400° F.
2. Rinse okra under cold water and pat completely dry.
3. Remove okra stems and slice in half vertically to form long spears.
4. In a bowl, combine okra, oil, and seasonings, and toss to coat evenly.
5. Place a wire rack on top of a baking sheet. Arrange seasoned okra on the rack 2 inches apart. This will ensure maximum crispness!
6. Bake okra for 15-20 minutes or until desired crunchiness. Flip halfway through at the 10 minute mark.
7. Combine mayonnaise dip ingredients in a small bowl. Dip okra into the garlic mayo.

Nutrition Info per serving:

Calories: 239, Saturated Fat: 2.8 g, Sodium: 395mg, Added Sugars: 0, Fiber: 5.4g, Protein: 3.7 g

Recipe adapted from:

<https://thedefineddish.com/cajun-oven-roasted-okra-fries-with-lemon-garlic-aioli/>