

Berbere Spiced Roasted Okra

3 ingredients · 25 minutes · 1 serving



Directions

1. Preheat your oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Toss the sliced okra in the oil and berbere spice. Roast for 20 minutes, tossing halfway, or until browned and crispy. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving equals approximately one cup.

No Berbere Spice

Use paprika instead.

Ingredients

1 cup Okra (halved lengthwise)

1 1/2 tsps Extra Virgin Olive Oil

1/4 tsp Berbere Spice (to taste)

Nutrition

Amount per serving

Calories	94	Cholesterol	0mg
Fat	7g	Sodium	55mg
Carbs	8g	Vitamin A	716IU
Fiber	3g	Vitamin C	23mg
Sugar	1g	Calcium	82mg
Protein	2g	Iron	1mg