

# Fried Okra

## INGREDIENTS

10 pods okra, sliced in 1/4 inch pieces

1 egg, beaten

1 cup cornmeal

1/4 teaspoon salt

1/4 teaspoon ground black pepper

1/2 cup vegetable oil

## DIRECTIONS

In a small bowl, soak okra in egg for 5 to 10 minutes. In a medium bowl, combine cornmeal, salt, and pepper. Heat oil in a large skillet over medium-high heat. Dredge okra in the cornmeal mixture, coating evenly. Carefully place okra in hot oil; stir continuously. Reduce heat to medium when okra first starts to brown, and cook until golden. Drain on paper towels.

