

New York Times **Bestselling Author**

SUSAN MALLERY

Pan-Fried Okra

Ingredients:

- ♥ 1 lb fresh okra, sliced into ¼-inch rounds
- ♥ 1 T olive oil
- ♥ 1 t all-purpose flour
- ♥ ½ t garlic salt
- ♥ ⅛ t black pepper



Pan-Fried Okra

Instructions:

Microwave the okra for three minutes. While it's cooking, mix the flour, salt, and pepper.

Heat the olive oil in a nonstick pan over medium heat. Add the okra and cook for about five minutes. Sprinkle the flour mixture over the okra. I put the flour in a mesh strainer to get an even dusting. Cook the okra, stirring frequently, for two more minutes.

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