**Pan-Fried Okra**

Makes 4 -6 servings

**Ingredients**

* 1-pound fresh okra, tender and 2” – 4” long, cleaned
* 3/4 cup cornmeal
* ½ teaspoon salt
* Vegetable oil to cover bottom of skillet

**Directions**

**Step 1**

Cut okra crosswise Into ½ inch slices; set aside.

**Step 2**

Combine cornmeal and salt.

**Step 3**

Dredge sliced okra in cornmeal mixture.

**Step 4**

Cook in a 1/2-inch oil over high heat until lightly browned, stirring occasionally.

**Step 5**

Drain. Serve Immediately.