

Ingredients

1 pound of okra,
sliced lengthwise into quarters
2 Fresh Limes

Spices:

1/2 tsp cumin seeds (whole, not
ground)

3/4 tsp hot paprika or red chili

1/4 tsp ground cumin

1/4 tsp ground coriander

1/4 tsp ground fennel seeds

1/8 tsp turmeric

Pinch of cinnamon

Sea salt

Optional: Dried Red Chilies

Instructions

- Fresh ground spices are more aromatic and potent in your cooking. I grind my spices in a dedicated coffee grinder (which is NOT used for coffee... only for spices!)
- Grind together 3/4 tsp paprika (or chili), 1/4 tsp each cumin, coriander, and fennel, with 1/4 tsp turmeric and a pinch of cinnamon.
- Heat oil in pan.
- Add cumin seeds and fry until browned and aromatic.
- Add sliced okra and cook on high heat
- for 2 minutes.
- Reduce the heat to moderate and cook until browned, about 4 minutes longer. Add optional red chilies here.
- Turn over and cook on low heat for 2 more minutes.
- Season with sea salt and the spice mixture cooking until fragrant, about 30 seconds.
- Drizzle lime juice over and serve!



Sarahjoy's Spicy Okra for Spring Cleansing

In Ayurveda we say that okra is "OJAS" building like most plants in the mallow family. It is considered a tri-doshic food which means it is good for all 3 doshas.

Okra is Sattvic in nature, therefore, light and vitalizing. It is also an alkalizing vegetable. It has multiple nutrients: beta carotene, calcium, insoluble fiber, iron, magnesium, Vitamin A, Vitamin C, and Vitamin K.

Okra energizes, is nutritive, and provides demulcent qualities that can benefit our lungs and sinuses in the Winter to Spring transition.

Okra also has a natural laxative quality and helps to soothe the gastro-intestinal track.

Eating for Spring Cleansing

Visit our social media pages and website during the month of April for more Ayurvedic Recipes. Print and keep them too.

hungerhopeandhealing.com