

GET HEALTHY

ON THE RAILROAD



URBAN MINISTRY INC.

## Blackened Okra

SERVES

4 TO 6 PEOPLE

**YUM!** The first 100 registered participants will receive a free produce bag.

### INGREDIENTS

- 1** tsp sea salt
- 1** pound small to medium okra pods
- ¼** cup safflower oil
- 4** tbsps blackened seasoning

### Directions

- 1** Boil about 12 cups of water in a large pot over high heat.
- 2** Add salt.
- 3** Blanch the okra pods for 1 minute.
- 4** Drain okra in a colander well.
- 5** Transfer cooled okra to a large bowl and drizzle with the oil until evenly coated.
- 6** Sprinkle with blackened seasoning until evenly coated.
- 7** Broil until browned (about 3-4 minutes turning every 2 minutes).
- 8** Serve over favorite rice.

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## Garden 'Pickles' with Fresh Mint

SERVES

4 TO 6 PEOPLE

**YUM!** The first 100 registered participants will receive a free produce bag.

### INGREDIENTS

- 1 large garden pickling cucumber
- 1 tsp sea salt
- 1 cup rice vinegar
- ¼ cup organic cane sugar
- 1 tbsp chopped mint
- 1 tsp black peppercorns (optional)

### Directions

- 1 Pick cucumbers from garden or farmers market.
- 2 Wash cucumbers in cold water.
- 3 Rough chop cucumbers and add to a large bowl.
- 4 Add ingredients: salt, rice vinegar, cane sugar, mint, peppercorns (optional).
- 5 Serve immediately as a condiment or side salad.