

Baked Okra Lectin-Blocking Chips

Most people know okra as that slimy vegetable that's found in gumbo or stewed with tomatoes. But you probably don't know that the slimy stuff is actually one of the most effective trappers of lectins ever discovered. It is so powerful that it is a major ingredient in my GundryMD Lectin Shield, part of my supplement line.

This recipe is another great way to get the benefits of okra without the slime. I modified it from a wonderful one at www.eatingbirdfood.com.

If you are using frozen okra, defrost it first. These chips are absolutely addictive, so you may want to double the recipe! Although I often prepare this as a side dish, it almost never makes it to the table.

Phases 2-3

Serves 4

Prep time: 15 minutes

Cook time: 25-30 minutes

1 pound fresh or whole frozen okra, rinsed and patted dry

1 to 2 tablespoons extra-virgin olive oil

2 teaspoons fresh thyme, or ½ teaspoon dried thyme leaves

½ teaspoon dried crushed or ground rosemary

½ teaspoon garlic powder

¼ teaspoon sea salt, preferably iodized

Cracked black pepper

Pinch cayenne pepper (optional)

Heat the oven to 450°F.

Cut off the stem ends of the okra and then cut in half lengthwise.

Place in a large bowl. Add the olive oil, thyme, rosemary, garlic powder, and salt. Add black pepper and optional cayenne pepper

powder to taste and stir to coat the okra.

Place the okra on a baking sheet in a single layer. Roast in the

oven for 15 minutes, then shake the pan or, using a spatula, stir the okra. Roast another 10 to 15 minutes, until the okra is lightly browned and tender. Serve hot.