

Fried Okra Tacos

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-okra-and-tomato-recipe>

Ingredients:

- 1 pound okra fresh, cut into 1/2-inch thick slices
- 3/4 cup buttermilk
- 1 1/2 cups white cornmeal self-rising
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon ground red pepper
- vegetable oil
- 3 cups tomatoes seeded and diced
- 1 avocado large, diced
- 1/2 cup green onions chopped
- 1/3 cup fresh cilantro chopped
- 1 1/2 teaspoons balsamic vinegar
- 1/2 teaspoon seasoned salt
- table salt to taste
- hot sauce to garnish, optional

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 5 milligrams
4. Fat: 15 grams
5. Fiber: 11 grams
6. Protein: 11 grams
7. SaturatedFat: 2 grams
8. Sodium: 910 milligrams
9. Sugar: 10 grams

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