
Okra Flowers

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Party Recipes from the Charleston Junior League - 1993

3/4 pound sliced boiled ham

6 ounces cream cheese, room temperature

1 jar (16 ounces) pickled okra (available in specialty stores and some supermarkets)

Spread each slice of ham with a thin layer of cream cheese.

Cut the ends and tips from the okra pods (they may be saved for a salad). Place two pods, wide end to narrow end, at one edge of each slice of ham. Starting at that end, roll each slice as for a jelly roll. The cream cheese will hold the roll together.

Cut each roll into slices, 1/4 to 1/2-inch thick. The slices will resemble flowers.

Yield: 28 flowers

Appetizers

Per Serving (excluding unknown items): 594 Calories; 59g Fat (88.5% calories from fat); 13g Protein; 5g Carbohydrate; 0g Dietary Fiber; 187mg Cholesterol; 503mg Sodium. Exchanges: 2 Lean Meat; 11 Fat.