

Okra and Tomatoes

Ingredients

1 cup okra, cut to 1 inch pieces
½ cup stewed tomatoes
¼ cup onion, medium dice
1 tbsp parsley, chopped
1 tsp minced garlic
1 tbsp olive oil
1 tsp Creole seasoning
Pinch of salt and pepper

Method

Place all ingredients in the convectionware and stir to combine.

Secure the convectionware lid and place in a preheated 450 degree oven for 20 minutes.

Quick Tip: Substitute frozen sliced okra for fresh okra.