

Baked Okra

I just want to make sure you all know that frying and boiling okra are not the only ways to prepare okra. Put all ingredients below in an oven dish, throw in the oven, and welcome to heaven!

Ingredients:

Okra, washed and left whole

2 cloves chopped garlic

4 Tbs extra virgin olive oil

2 Tbs balsamic vinegar

1 onion diced small

Salt

Pepper

1 Tbs coriander powder

Preparation:

Heat oven to 350 degrees F. Put all the okra in an oven dish. Add all the ingredients and toss together, you will have to decide how much salt and pepper you want. Add a little and after they have cooked a while you can try them and add more if necessary.

Bake for about 25 minutes, stirring around everything once or twice while baking. You want to bake them until they turn slightly brown. Serve hot. Enjoy!