

# Okra and Corn

## INGREDIENTS

2 cups of Okra

1 1/3 cups of fresh corn

2 large bell peppers

1 large onion, diced

1 tablespoon olive oil

Creole Seasoning DIY

5 T paprika, 3 tablespoons salt, 2 tablespoons onion powder, 2 tablespoons garlic powder, 2 tablespoons dried oregano, 2 tablespoons dried basil, 1 tablespoon dried thyme, 1 tablespoon black pepper, 1 tablespoon black pepper, 1 tablespoon cayenne pepper

## INSTRUCTIONS

1. Pre heat your oven to 425 degrees.
2. If you don't have creole seasoning on hand, mix your spices together and put in a jar to use later.
3. Chop your onion, peppers, & Okra and move to a bowl off to the side. Shave and add your corn to the same bowl.
4. Drizzle olive oil over all the vegetables & mix it all together.
5. Stir in your creole seasoning. Add a little at a time and keep tossing until you reach your desired flavor (don't forget it can be spicy).
6. Add to sheet pan and spread out evenly. Pop it in the oven and cook for about 10 minutes, then mix it all around and pop it back in the oven for another 10 minutes.



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