

Roasted Green Beans

submitted by eEmrson00



Per serving: 122 Calories • 14.1g Carbs (5.5g Fiber) • 7.2g Fat • 3.7g Protein

Ingredients

Ingredients scaled to: 4 serving

8 cup 1/2" pieces **Green beans** (800 grams)

2 tbsp **Olive oil** (27 grams)

1 tsp **Salt** (6 grams)

1/2 tsp **Pepper** (1.1 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Preheat oven to 400°F.
2. Wash, dry well, and trim green beans.
3. Put green beans on a jelly roll pan.
4. Drizzle with olive oil.
5. Sprinkle with salt and pepper to taste (I like them salty so I use about 1 1/2 teaspoons of salt and about 8-10 grinds of the pepper mill). *Mrs. Dash may be substituted for salt and pepper as desired.
6. Use your hands to be sure all the beans are evenly coated and spread them out into 1 layer.
7. Roast for 20-25 minutes, turning after 15 minutes, until beans are fairly brown in spots and somewhat shriveled.
8. Serve hot or at room temperature.