



Roasted Green Beans

Servings 4 | Prep time 10 mins. | Total time 30 mins.

Equipment:

Cutting board
Baking sheet
Aluminum foil

Utensils:

Knife
Measuring cups and spoons
Tongs or 2 forks

Ingredients

1 pound fresh green beans, ends trimmed
1 tablespoon olive oil OR vegetable oil
1/2 teaspoon salt
1/8 teaspoon black pepper

Flavor Suggestions:

- Sweet and tangy: Add thick wedges of red onion to the green beans when they go in the oven. After 10 minutes, toss the onion and green beans with a mixture of 1 teaspoon honey, 1 tablespoon vinegar, 1/2 teaspoon dried or 1 teaspoon fresh thyme, and 1 teaspoon minced garlic. Roast for another 7-10 minutes, remove from the oven, and top with 1/3 cup walnuts or other nut.
- Asian sesame: After roasting for the first 10 minutes, remove green beans from the oven and toss with a mixture of 1 tablespoon minced garlic, 1/2 teaspoon dried ginger, 2 teaspoons honey or maple syrup, a pinch of red pepper flakes, and 4 teaspoons sesame seeds.

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 450 degrees.
3. Cover baking sheet with aluminum foil. Place the green beans on the baking sheet, drizzle with oil, and sprinkle with salt and black pepper.
4. Use tongs or two forks to toss the green beans and spread them out into a single layer.
5. Roast in the oven for 10 minutes. Toss the green beans, spread back out into a single layer and roast for another 7-10 minutes or until the beans have started to brown in spots.

Nutritional Information:

Calories 60 Total Fat 4g Sodium 600mg Total Carbs 7g Protein 2g