



Ranch Seasoned Green Beans

Servings 4 | Prep time 5 mins | Total time 20 mins.

Equipment: Aluminum foil, Baking sheet

Utensils: Measuring cups and spoons

Ingredients

- 1 1/2 pounds green beans, ends trimmed off
- 1 1/2 tablespoons ranch seasoning
- 1 1/2 tablespoons lemon juice OR 1/2 lemon, juiced
- 2 tablespoons olive oil OR vegetable oil
- 2 tablespoons grated Parmesan cheese

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat the oven to 425 degrees. Line a large baking sheet with aluminum foil.
3. Add green beans to baking sheet.
4. Sprinkle with ranch seasoning, lemon juice, and oil, then toss gently.
5. Roast for 10 minutes, sprinkle with Parmesan, and return to the oven.
6. Bake for 2-4 more minutes, until cheese has melted.

Nutritional Information:

Calories 140
Total Fat 8g
Sodium 500mg
Total Carbs 15g
Protein 5g