



Roasted Green Beans

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

Equipment: Cutting board, baking sheet, aluminum foil, measuring spoons, tongs or two forks

Utensils: Knife

Ingredients

Aluminum foil

1 pound green beans, ends trimmed

1 tablespoon olive or vegetable oil

½ teaspoon salt

1/8 teaspoon pepper

Instructions

1. Before you begin, wash your hands, surfaces, vegetables, and utensils.
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 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