

Oven-Roasted Green Beans

Ingredients

- 2 pounds green beans, trimmed
- 4 tsp extra virgin olive oil
- 1 tsp sea salt
- ½ tsp freshly ground pepper



Preparation

1. Preheat oven to 425°F.
2. Place an oven safe pan in the oven for 10 minutes to heat.
3. Place beans in a large bowl.
4. Drizzle with oil and lightly sprinkle with salt and pepper. Toss well to coat.
5. Arrange green bean mixture in a single layer on the preheated baking sheet.
6. Bake for 8 minutes, or until crisp and tender.
7. Enjoy!



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Nutrition Information

Serves 4

Amount per Serving

- **Calories:** 235
- **Protein:** 3 g
- **Total Fat:** 2 g
- **Cholesterol:** 0 g
- **Total Carbs:** 56 g
- **Dietary Fiber:** 8 g
- **Sodium:** 0 mg

3 Benefits of Roasting Vegetables:

1. Roasting certain vegetables actually increases the availability of some nutrients to our bodies.
2. Cooking vegetables without water decreases the amount of nutrients that are lost during the process.
3. Roasting vegetables is easy and they taste delicious!

