

Roasted Garlic and Green Beans

Ingredients:

- 2 lbs. fresh green beans, ends trimmed
- 2 tablespoons olive oil
- 2 garlic cloves, pressed
- 2 tablespoons grated parmesan
- Salt and pepper to taste

Directions

1. Preheat the oven to 425° F.
2. Spread the green beans on two rimmed baking sheets. Drizzle evenly with olive oil and toss to coat. Season with salt and pepper, to taste.
3. Roast until tender and browned, stirring occasionally, 25 – 30 minutes.
4. Remove from the oven and add garlic and parmesan cheese. Toss well to combine.
5. Transfer to a serving bowl and enjoy.

Nutrition Facts

Serving Size 3/4 cup (159g)
Servings Per Container 6

Amount Per Serving

Calories 100 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 50mg **2%**

Total Carbohydrate 11g **4%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 4g

Vitamin A 20% • Vitamin C 30%

Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

