

ROASTED PARMESAN GREEN BEANS

8 Servings | 65 Calories per serving | Total time 25 mins.

INGREDIENTS

- 1 lb fresh green beans (wash & remove the tips)
- 2 TBSP of olive oil
- 2 TBSP of grated or shredded Parmesan Cheese
- 2 TBSP bread crumbs (may substitute croutons or packaged bread crumbs)
- 1/3 tsp salt
- 1/4 tsp garlic powder

DIRECTIONS

1. Preheat the oven to 400°F.
2. Combine all the ingredients in a large mixing bowl and toss to coat.
3. Spread the green beans on a foil lined baking sheet
4. Roast for 15-20 minutes, turning about halfway through.

SHOPPING LIST

- Green Beans
- Grated Parmesan Cheese
- Bread Crumbs
- Garlic Powder



**"FRESH GREEN BEANS
ADD FIBER & PROTEIN."**

**"GREAT FOR BUSY
FAMILIES ON A BUDGET,
IT ONLY REQUIRES A FEW
INGREDIENTS"**