

LiveWell

# Garlic roasted green beans

Yield: 6 servings



## Ingredients:

- 2 pounds fresh green beans, ends trimmed
- 2 1/2 Tablespoons sesame oil
- 8 garlic cloves, sliced or minced
- 2 Tablespoons reduced-sodium soy sauce
- 2 teaspoons chili powder
- 1 Tablespoon lemon zest
- 1 Tablespoon lemon juice

## Directions:

1. Preheat oven to 425° F. Line a baking sheet with parchment paper.
2. In a large bowl, combine green beans, sesame oil, garlic, soy sauce, chili powder, and lemon zest. Toss to coat evenly.
3. Arrange beans in a single layer on parchment paper and bake for 10-15 minutes until tender and slightly browned. Remove from oven and top with lemon juice.

## Nutrition information per serving:

Calories: 101  
Fat: 6 grams  
Saturated fat: 1 gram

Cholesterol: 0 mg  
Sodium: 179 mg  
Carbohydrates: 12 grams

Fiber: 6 grams  
Protein: 2 grams

Food exchanges:  
2 vegetable, 1 fat