



Roasted Green Beans

4 servings

INGREDIENTS

- 1 –2 pounds fresh green beans, washed and dried
- 2 - 3 cloves garlic
- 2 - 3 Tbsp olive oil
- Few dashes sea salt
- Red pepper flakes (optional)
- Parmesan cheese, grated (optional)

DIRECTIONS

1. Preheat oven to 425°F.
2. Snap or cut the ends off the green beans.
3. Place green beans in a bowl; drizzle with olive oil - just enough to lightly coat the beans.
4. Mix in the minced garlic and salt.
5. Place beans on a baking sheet.
6. Roast for 12 - 14 minutes, tossing halfway through. Beans should be tender yet slightly crisp.
7. Sprinkle with red pepper flakes and parmesan cheese.



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