

# Garlic Roasted Green Beans and Carrots

SERVING SIZE: ½ cup  
SERVINGS: 4  
PREPARATION TIME: 10 minutes  
COOK TIME: 30 minutes

## INGREDIENTS:

- 8oz green beans
- 3 medium carrots
- 4 cloves garlic, minced or ½ teaspoon garlic powder
- 1 Tablespoon olive or vegetable oil
- 1 teaspoon salt free seasoning (onion powder, dill, or other favorites)
- 1/8 teaspoon pepper
- 1/4 teaspoon salt

## DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Wash green beans and carrots. Trim ends. Cut carrots in long thin strips.
3. Place carrots and oil in a large bowl. Toss to mix well.
4. Add salt free seasoning, pepper, and salt. Stir to coat evenly.
5. Place mixture on a baking sheet and bake for 15-20 minutes. The veggies may also be prepared on a stove top.

## GREEN BEAN TIPS:

- **Choose** firm and crisp green beans that can snap easily. Avoid bruised or discolored beans.
- **Store** unwashed in a bag or container in the fridge for up to 7 days.
- **Prepare** beans by washing and cutting off stems before use. They can be blanched, roasted, or sautéed in olive oil and seasonings.



## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>66</b>
<b>Total fat</b>	4g
Saturated fat	0.5g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	152mg
<b>Total Carbohydrate</b>	8g
Fiber	2g
Sugar	0g
Includes 0g of Added Sugars	
<b>Protein</b>	1g
<b>Phosphorus</b>	23mg
<b>Potassium</b>	233mg

## EQUIPMENT NEEDED:

- Knife
- Cutting board
- Measuring spoons
- Large bowl
- Baking sheet or large pan for stove-top cooking