



GARLIC ROASTED GREEN BEANS

By Dr. Cindy Tanzar
(Standard/Vegan)

Green Beans are classic at Christmas, only they are usually mixed in a casserole with canned soup and canned fried onions. Instead of masking the flavor of the beans, why not enhance your veggies by roasting them with garlic and onions.

You won't even miss your casserole!

Makes 4-5 servings. One serving equals one cup of cooked vegetables.



INGREDIENTS

1-1/2 lbs. fresh green beans, trimmed
1 cup thinly sliced red onion
12 garlic cloves, peeled and halved
1 Tbs. Organic coconut or avocado oil
Pink Himalayan salt and ground pepper, to taste



INSTRUCTIONS

Preheat oven to 400°F. On a 15x10x1 inch baking sheet (line with non-stick aluminum foil or parchment paper-can be used up to 425°F), toss green beans, onion, garlic, sea salt and pepper with oil.

Roast, uncovered, for 25-30 minutes or until crisp-tender, stirring twice.