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## GREEN BEAN FRIES

By Dr. Cindy Tanzar

(Standard, Vegan/Vegetarian & Maintenance Plans)

This recipe provides a fun new way to enjoy green beans. They are cooked to be tender crisp, while providing crunch and flavor. The Vegan Parmesan is for those on the standard or vegan/vegetarian plan and the Parmesan cheese option is for maintenance.

Makes 2 servings. One serving is one cup and covers your vegetable for one meal. For the vegan/vegetarian option, one cup covers your vegetable and 3 grams of protein.

Parmesan



Vegan Parmesan



### INGREDIENTS

- 12 oz. fresh green beans (already bagged are in the refrigerated produce section)
- 1 large pastured egg
- 2/3 cup Vegan Parmesan (Genesis recipe) or Parmesan Cheese (maintenance)



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1/2 tsp. pink Himalayan salt  
1/4 tsp. black pepper  
1/2 tsp. garlic powder  
1/4 tsp. paprika  
1/8 tsp. cayenne pepper (optional)

## INSTRUCTIONS

Preheat oven to 400°F. Make sure the green beans are dry and that the ends are snapped.

Combine the grated Parmesan or Vegan Parmesan with the seasonings on a shallow plate, making sure they are evenly dispersed.

Whisk an egg in a bowl large enough to drench a handful of green beans at a time. After coating, let the excess egg drip off for a few seconds.

Gently press the green beans into the Parmesan cheese mixture to coat them. You will want to use one hand to drench the beans and the other hand to coat them.

Place green beans onto a large greased baking sheet or onto parchment paper, leaving room between each bean to crisp. Bake until lightly golden for 12-14 minutes.

## VEGAN PARMESAN CHEESE

1/2 cup hemp hearts/seeds  
1/4 cup nutritional yeast  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/4 tsp. Pink Himalayan salt



Mix all ingredients together in a small jar. Store in refrigerator.