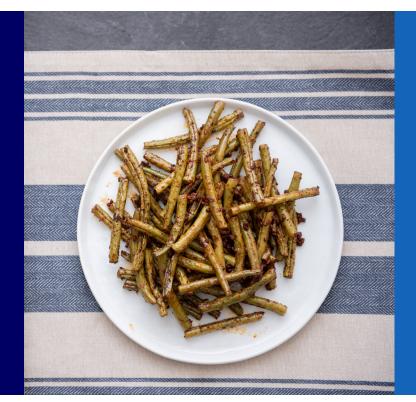
HENRY FORD HEALTH

in partnership with



LiveWell

Garlic roasted green beans



Yield: 6 servings

Ingredients:

- 2 pounds fresh green beans, ends trimmed
- 21/2 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

For a demo of this recipe, and for more wellness information, visit henryford.com/recipes