Garlic roasted green beans

Yield: 6 servings

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.

Ingredients:
2 pounds fresh green beans, ends trimmed
2 1/2 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

Nutrition information per serving:
Calories: 101  Cholesterol: 0 mg  Fiber: 6 grams  Food exchanges: 2 vegetable, 1 fat
Fat: 6 grams  Sodium: 179 mg  Protein: 2 grams
Saturated fat: 1 gram  Carbohydrates: 12 grams

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