

Side

## Oven Roasted Green Beans

**10 Mins**  
Prep Time

**20-25 Mins**  
Cook Time


**4**  
Servings

 **105 Calories**   **7g Fat**   **1g Carbs**   **5g Protein**



### Ingredients

 **4 Servings**    **30-35 Mins Total Time**    **Allergens: None**

**1 Package (½ lb)** Green Beans, washed & ends trimmed off 

**2 Tbsp** Extra Virgin Olive Oil

Salt to Taste

#### Nourishment Note



##### **Green Beans**

Green beans are a tolerable food for people with digestive issues. Green beans contain folate, vitamin C and vitamin A, all important nutrients in IBD.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Preheat Oven

Preheat oven to 375 °F.

### 3. Arrange Green Beans

Spread green beans on baking sheet. (If green beans are crowded, two baking sheets may be necessary).

### 4. Drizzle with Olive Oil

Drizzle green beans with olive oil and sprinkle with salt. Gently toss to combine.

### 5. Roast

Roast in oven for 20–25 minutes, turning half-way through, until crispy.

### 6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Cutting Board



Knife



Baking Sheet/Sheet Pan



Measuring Spoon



Spatula

### Remission Remix

- Top with slivered almonds for a nutrient boost.