

Side

Oven Roasted Green Beans

10 Mins **Prep Time**

20-25 Mins Cook Time

Servings

105 Calories 7g Fat 1g Carbs 5g Protein



Ingredients

4 Servings

② 30−35 Mins Total Time

Allergens: None

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



2 Tbsp Extra Virgin Olive Oil

Salt to Taste

Nourishment Note



Oreen 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

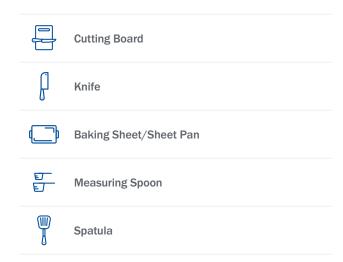
Roast in oven for 20–25 minutes, turning half-way through, until crispy.

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Remission Remix

· Top with slivered almonds for a nutrient boost.