

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. Preheat Oven

Preheat oven to 375 °F.

2. Arrange Green Beans

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

3. Drizzle with Olive Oil

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

4. Roast

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

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Cutting Board



Knife



Baking Sheet/Sheet Pan



Measuring Spoon



Spatula

Fatigue Buster

- Use kitchen scissors to snip the ends off instead of using a knife.