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Roasted Green Beans & Mushrooms

Prep Time: 15 minutes **Cook Time:** 30 minutes **Serves:** 4

My favorite way to eat green beans!

INGREDIENTS:

1 lb fresh green beans
8 oz sliced mushrooms
1 ½ tbsp olive oil
1 tbsp balsamic vinegar
Salt and fresh ground black pepper
2 tbsp finely grated parmesan cheese

DIRECTIONS:

1. Preheat oven to 450 F. Wash, dry, and trim ends of beans.
2. Put beans and mushrooms into a Ziploc bag or bowl. Whisk olive oil and balsamic vinegar together and pour over beans, mixing to ensure all are well-coated.
3. Line a large cookie sheet with foil, spray with olive oil, and arrange beans mixture, spreading beans evenly.
4. Roast 20-30 minutes, starting to check for doneness after 20 minutes. Cook until beans are tender and slightly crisp and mushrooms are fully-cooked.
5. Season beans to taste with salt and fresh ground pepper, then sprinkle with finely grated parmesan. Serve hot.



NUTRITION INFORMATION:

Serving Size: ¼ recipe

Amount Per Serving: Calories 110, Protein 5g, Net carbohydrates 8g, Total Fat 6g, Fiber 3g