



Natural Life
Choices,™ Inc.

ROASTED GREEN BEANS



INGREDIENTS:

- » 1lb fresh green beans
- » 1 tablespoon olive oil
- » ¼ cup walnut pieces
- » 2 tablespoon chopped shallots
- » ½ teaspoon dried or fresh oregano
- » ½ teaspoons freshly ground black pepper



PREPARATION:

Preheat oven to 400°F. Trim the ends of the green beans and place on baking sheet. Toss beans with olive oil and spread out evenly on baking sheet. Roast for 8 minutes, then add walnut and shallots and continue roasting for more 5 minutes or until beans are lightly browned and crisp tender. Remove from oven, sprinkle with oregano and black pepper or other spices before serving.

Bon Appetite!

"I have the strength for everything through him who empowers me." (Philippians 4:13)