



Maple Roasted Green Beans

Ingredients

- 1 pound green beans
- 1 tablespoon maple syrup
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Instructions

- Preheat oven to 400°.
- In a large bowl, toss green beans with maple syrup, oil, salt and pepper.
- Arrange evenly on sheet tray.
- Roast until tender, about 20 to 25 minutes.

NUTRITION PER SERVING (BASED ON 4 SERVINGS):
CALORIES: 60 | CARBOHYDRATES: 12G | PROTEIN: 2G |
FAT:1.5G | FIBER: 4G