Roasted Green Beans with Almonds
Serves 4-6

Ingredients:
1 ½ - 2 pounds fresh green beans, cut into 2-inch pieces
¼ cup sliced almonds
2 tablespoons olive oil
2 teaspoons minced garlic or ½ teaspoon garlic powder
1 teaspoon fresh thyme or ½ teaspoon dried thyme
Pinch salt
Pinch pepper

Directions:
1. Preheat oven to 425 degrees.
2. Place green beans and almonds on a baking sheet. Drizzle with oil. Sprinkle with garlic and remaining seasonings. Mix together until well coated.
3. Roast in the oven until lightly browned, about 15-20 minutes.

Nutritional Information per serving:
Calories: 119  Carbohydrates: 10g
Total Fat: 7g  Cholesterol: 0mg
Saturated Fat: 1g  Dietary Fiber: 4g
Protein: 3 g  Sodium: 49mg