

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**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