

Curry Roasted Green Beans



This Indian inspired side dish is a simple and flavorful way to incorporate more vegetables into your meals.

YIELD 10 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

2 lbs	Green Beans, washed and trimmed
1 Tbsp	Olive Oil
1 Tbsp	Curry Powder
½ tsp	Kosher Salt
¼ tsp	Black Pepper
1 tsp	Ground Cumin
1/8 tsp	Red Pepper Flakes
1 tsp	Garlic Powder
1 tsp	Onion Powder

CHEF'S NOTES

You can use this recipe with many different vegetables such as cauliflower, sweet potatoes, or broccoli by adjusting the roasting time accordingly.

If you prefer the dish with more spice, increase the amount of red pepper flakes as desired.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 425°F and line a sheet tray with foil or parchment paper.
2. In a large bowl, add all the ingredients and toss until everything is evenly dispersed and coated.
3. Transfer the green beans onto a lined sheet tray and arrange into an even layer.
4. Place in a preheated oven and cook for 20-30 minutes or until the green beans are slightly wrinkled and tender.
5. Transfer to a serving bowl and serve hot.

Nutrition Facts

10 servings per container

Serving Size 1/2 cup (95 g)

Amount per serving

Calories 60

% Daily Value *

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 7g 3%

Dietary Fiber 3g 10%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 40mg 3%

Iron 1mg 6%

Potassium 200mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

