

# Curry Roasted Green Beans



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

<b>YIELD</b> <b>10 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>40 MIN</b>
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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 (94g)

**Amount Per Serving**

**Calories** 45

**% Daily Value\***

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 100mg 4%

**Total Carbohydrate** 7g 3%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 2g 4%

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1.2mg 6%

Potassium 210mg 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.

