

## **MAPLE GREEN BEANS**

Roasting green beans is a quick and easy way to prepare a delicious green vegetable. This recipe can be made with fresh out-of-the-garden green beans, fresh packaged and pre-washed green beans, or frozen green beans. Boost the flavor by using pure maple syrup. **Yield: 4 Servings** 

## **INGREDIENTS:**

- 1 lb. green beans
- 1 Tbsp. maple syrup
- 1 tsp. olive oil
- ½ tsp. salt
- 1/4 tsp. pepper

## **DIRECTIONS:**

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

## **NUTRITIONAL DATA:**

59 calories, 1.3 grams fat, 0 grams saturated fat, 0 mg cholesterol, 11.5 grams carbohydrate, 3.9 grams dietary fiber, 2.1 grams protein

The Cooking. Comfort. Care. Nourishment for the Pancreatic
Cancer Fight program was created by Celgene Corporation and
in collaboration with the Pancreatic Cancer Action Network,
Meals to Heal and Chef Michael Ferraro. These recipes were
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