

Garlic Roasted Green Beans and Mushrooms

Ingredients

- 2 cups sliced fresh mushrooms
- 2 cups fresh green beans
- ¼ cup extra virgin olive oil
- 2 teaspoons minced garlic
- 1 teaspoon freshly ground sea salt
- 1 teaspoon freshly ground pepper

Instructions

1. Preheat oven to 400.
2. Wash and slice mushrooms and green beans.
3. Combine oil, garlic, salt and pepper in a separate bowl.
4. Pour over the mushrooms and green beans and gently stir until vegetables are thoroughly coated.
5. Place on baking sheet and bake for 20-25 minutes. Serve warm.



Reminder: While you are on the program, green beans is under the limited vegetables category so you can have up to 2 cups per week.