

Roasted Green Beans

Roasted green beans are sweet and tender. Once you've learned how to cook fresh green beans this way, you'll never go back to boiling again. The only thing you need to add to these oven-roasted green beans is a little sea salt.

Ingredients

1-1/2 pounds fresh green beans, washed and trimmed

1-2 Tbsp. olive oil

1/2 tsp. sea salt

Directions

Place a rack in the middle of the oven. Preheat oven to 450 degrees F.

Line a sturdy baking sheet with aluminum foil and spray with cooking spray.

Using your hands, toss fresh green beans with olive oil to make sure they are evenly coated. Spread out in an even layer on the baking sheet.

Place on middle rack of oven and roast 10 minutes.

Remove from oven and stir. Roast another 10 minutes or until golden brown.

Watch carefully to make sure green beans don't burn. They will be well-browned, but not burned.

Sprinkle with sea salt.

Serve immediately.