Dinner, Mediterranean

Crispy Baked Green Beans with Parmesan Crumbs

Tender green beans are tossed in a skillet toasted topping of bread crumbs, grated Parmesan cheese, and garlic powder, then baked until golden and crisp.

25 min	160	17 g	5 g
time	calories	carbs	sugars



Nut free

Ingredients, 4 servings

- [ ] 1 lbs fresh green beans (fresh, ends trimmed)
- [ ] 2 tbsp olive oil
- [ ] 1/2 cup bread crumbs
- [ ] 1/4 cup Parmesan cheese (grated)
- [ ] 1 tsp garlic powder
- [ ] 1 pinch salt
- [ ] 1/4 tsp black pepper

Method

- [ ] 1 Set the oven to 400 degrees F and get a baking sheet ready by lining it with parchment paper.
- [ ] 2 Give the fresh green beans a brief steam or blanch so they turn out tender-crisp, then drain them and keep them nearby.
- [ ] 3 Place a skillet over medium heat and let the olive oil warm up in it.
- [ ] 4 Scatter the bread crumbs into the warmed oil and let them toast for 2-3 minutes, giving the pan a shake now and then, until they take on a golden brown color.
- [ ] 5 Tip in the Parmesan cheese and the garlic powder, stirring so everything blends evenly with the crumbs.
- [ ] 6 Slide the fresh green beans into the pan and turn them through the crumb mixture until every bean picks up a coating.
- [ ] 7 Scatter a pinch of salt over the pan along with the black pepper.
- [ ] 8 Move everything into a baking dish.
- [ ] 9 Roast in the hot oven for 10 minutes, just long enough for the bread crumbs to crisp up and turn golden.

Nutrition Facts

Per serving

Calories	160
Total fat	9 g
Saturated fat	2 g
Sodium	190 mg
Total carbs	17 g
Fiber	3 g
Total sugars	5 g
Protein	6 g

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