Snack

Crunchy Cornmeal Crusted Green Beans

Fresh green beans get a savoury coating of seasoned cornmeal and Parmesan cheese, then bake until crisp and lightly golden. They make a warm, crunchy snack straight from the oven.



Nut free

40 min	100	16 g	2 g
time	calories	carbs	sugars

Ingredients, 5 servings

- [ ] 8 oz fresh green beans (trimmed)
- [ ] 1 large eggs
- [ ] 1 large egg whites
- [ ] 1/8 tsp hot sauce (to taste)
- [ ] 1/2 cup cornmeal
- [ ] 1/2 tsp garlic salt
- [ ] 1/8 tsp black pepper
- [ ] 2 tbsp Parmesan cheese (freshly grated)

Method

- [ ] **1** Turn the oven on first and let it climb to 425 degrees F while you get the coating ready.
- [ ] **2** Beat the eggs with the egg whites in one shallow dish, then whisk the hot sauce in until everything is well combined.
- [ ] **3** In a separate shallow dish, blend the cornmeal with the garlic salt, black pepper, and Parmesan cheese until the seasoning is evenly distributed.
- [ ] **4** Working through the fresh green beans one by one, roll each first through the egg mixture and then press it into the cornmeal mixture so it ends up with just a light coating.
- [ ] **5** Spread the coated beans across a baking sheet with a little space between them, then let them bake for 25 minutes; they are done once the coating looks lightly golden.
- [ ] **6** Serve the finished green beans hot, with your favorite dipping sauce on the side.

Nutrition Facts

Per serving

Calories	**100**
Total fat	2 g
Saturated fat	0.5 g
Sodium	270 mg
Total carbs	16 g
Fiber	2 g
Total sugars	2 g
Protein	5 g

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