

Roasted Green Beans

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 20 minutes

Serves: 4

CChints: Most markets have fresh green beans year round. Sweet onions are yellow or Spanish onions with but the sweetest are Vidalia and Walla Walla that are in season during May and June. If you have lemon rinds in your freezer that are left over from squeezing lemon juice, now is the time to get one out and use it in this recipe.



1 pound fresh green beans, ends trimmed

1/2 cup chopped sweet onion, yellow, Spanish, Vidalia or Walla Walla

3 gloves minced garlic, fresh or from a jar

2 tablespoons olive oil

Dash of salt and pepper

1 teaspoon lemon zest

2 teaspoons pine nuts or pecans

Optional: 1 new potato for each person, washed and cut in half

Preheat your oven to 400 degree F and locate a baking sheet. For easy clean up you can line the pan with a silicone baking mat or quick release foil.

If you are roasting the potatoes with the potatoes, you will want to start them first because they take a little longer to cook. Put the cut potatoes in a microwaveable safe container and microwave for 1 minute, just start the cooking process before you put them in the oven.

Trim the ends off of the green beans and place them in a large bowl. Add the onions through oil and the potatoes to the bowl and toss to be sure the oil gets on everything. Spread out on the baking sheet and turn the potatoes cut side up, sprinkle with salt and pepper. Bake for 25 minute.

Remove the pan from the oven and use a mircoplane to zest the lemon over the vegetables. Transfer to serving bowl and sprinkle with nuts.