

Uploaded to the VFC Website



This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

If Veterans don't help Veterans, who will?

Note

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Roasted Parmesan Green Beans

- 12 Oz green beans, trimmed (make sure they are dry)
- Tsp olive oilKosher salt + fresh cracked pepper to taste
- 1/4 Tsp garlic powder
- 1 1/2 Tbsp shredded parmesan
 - 1) Preheat the oven to 425°F. Line a baking sheet with aluminum for easy clean-up.
 - 2) Lay green beans out on the baking sheet and drizzle oil over them. Season with salt, pepper and garlic powder and toss to evenly coat.
 - 3) Spread them out on the sheet so that they all lay flat and place on the lower third section of your oven. Bake 10 minutes, shake the pan to turn; bake 5 additional minutes. Remove from the oven and sprinkle with grated cheese.

