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Garlic-Roasted Green Beans

2 cups green beans

2 garlic gloves, thinly sliced

1 teaspoon olive oil

¼ teaspoon salt

1/8 teaspoon black pepper

1. Prepare oven for 450 degrees
2. Combine first 5 ingredients in a bowl; toss gently
3. Place green beans on a baking sheet coated with cooking spray
4. Bake at 450 degrees for 20 to 25 minutes or until tender; serve immediately

Makes 4 servings

Nutrients per serving:

Calories: 56

Total fat: 1.5 g

Carbs: 9.7 g

Sodium: 173 mg