



Ashley's Meal Prep Monday!



Garlic Parmesan Panko Green Beans

INGREDIENTS

1 lb fresh green beans, trimmed
2 TBSP olive oil
½ TSP garlic powder
½ TSP onion powder
½ TSP oregano
salt/pepper to taste
⅓ cup panko breadcrumbs
⅓ cup grated parm
2 cloves grated garlic

Preheat oven to 425. Line a baking sheet with parchment paper and drizzle with olive oil. Add beans to a large bowl and add 2 TBSP oil, garlic powder, onion powder, oregano, salt/pepper and toss to combine.

Add panko, parmesan, and garlic then toss again to evenly coat the beans. Place beans evenly in one layer on the baking sheet, careful not to pile them on each other.

Sprinkle any remaining panko/parm from the bowl evenly over the beans. Drizzle with oil and roast for 15-20 minutes or until beans are done.

*Fav brand of GF breadcrumbs: Aleia's

*Fav brand of DF Parmesan: Follow Your Arrow

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