

- 1 lb fresh green beans
- 1 Tablespoon  olive oil
- 1/4 cup pecan pieces
- 2 Tablespoons chopped shallots
- 1/2 teaspoon  dried oregano leaves
- 1/2 teaspoon freshly ground black pepper

Preheat the oven to 400°F. Trim the ends of the green beans and place on baking sheet. Toss beans with olive oil and spread out evenly on baking sheet. Roast for 8 minutes, then add pecans and shallots and continue roasting another 5 minutes or until beans are lightly browned and crisp tender. Remove from oven, sprinkle with oregano and black pepper before serving.

Makes 4 3/4-cup servings

Prep time: 5 minutes

Cook time: 15 minutes

Per serving: 120 calories, 9g fat, 1g saturated fat, 0mg cholesterol, 10mg sodium, 10g carbohydrate, 4g fiber, 4g sugars, 3g protein