

Crispy Baked Parmesan Green Bean Fries

Total Time: 15 - 20 min(s)

Tempt picky eaters with these crispy green beans baked with parmesan cheese.

Ingredients

1 (14 oz) Bag of frozen whole green beans (or about 4 cups fresh)
¼ cup Parmesan cheese, grated
½ tsp Garlic powder
¼ tsp Salt (or to taste)
1/8 tsp Pepper (or to taste)

Instructions

1. Preheat oven to 425 degrees. Line a baking sheet with foil, and spray with non-stick cooking spray.
2. If using frozen green beans, pop the bag of green beans in the microwave for 3-4 minutes, or until just de-thawed (or you could leave them out at room temperature for a few hours). If using fresh green beans, wash and snip off the ends.
3. Place green beans on prepared baking pan, making sure they are evenly spread out, and none are laying on top of each other, (this will ensure even crispiness!) Sprinkle seasonings and parmesan cheese evenly over green beans.
4. Place green beans in the pre-heated oven and bake for 10-15 minutes, or until golden brown and crispy! (To make them extra crispy, I like to broil them for an extra 1-2 minutes before pulling them out of the oven). Enjoy immediately with low sugar ketchup or dipping sauce of choice.