

Side Dish

Oven-Candied Green Beans Amandine

Alison Ladman - For The Associated Press
Palm Beach Post

Servings: 8

Start to Finish Time: 40 minutes

1/2 cup packed brown sugar

1 1/2 teaspoons salt

1 teaspoon ground black pepper

1 tablespoon olive oil

3 pounds trimmed green beans

2 tablespoons rice vinegar

1/4 cup sliced toasted almonds

Preheat the oven to 350 degrees.

Line two large rimmed baking sheets with foil. You need enough space to spread out the green beans.

In a small bowl, mix together the brown sugar, salt and pepper.

In a large bowl, toss the oil with the green beans until they are lightly but thoroughly coated.

Add the brown sugar mixture and toss to coat.

Spread the green beans on the prepared baking sheets.

Bake for 30 minutes or until the beans are well wrinkled.

Sprinkle the beans with the vinegar.

Arrange in a serving bowl and top with the toasted almonds.

Per Serving (excluding unknown items): 68 Calories; 2g Fat (21.7% calories from fat); trace Protein; 14g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 405mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat; 1 Other Carbohydrates.