

Roasted Potatoes with Carrots and Green Beans



1 lb. red potatoes, quartered
1 lb. medium carrots, cut into 2-inch
strips, thicker portions halved
1 Tablespoon fresh rosemary, chopped
1 Tablespoon fresh thyme, chopped
Salt and pepper to taste

Tablespoons olive oil
12 oz. fresh green beans, ends trimmed,
cut into 1-inch pieces
2 large cloves garlic, minced
1 Tablespoon olive oil

Instructions: Preheat oven to 400°F. In a large bowl, toss together potatoes, carrots, rosemary, thyme, salt and pepper to taste, and 2 Tablespoons olive oil. Spread onto rimmed baking sheet. Roast for 20 minutes in oven. Toss green beans in bowl with minced garlic and 1 Tablespoon olive oil. Spread onto baking sheet with other vegetables and place back in oven to roast until vegetables are tender, about 20 minutes longer.

Yield: 5 servings

Nutrition Facts (*per serving*): 190 calories, 8 grams fat, 150 milligrams sodium, 28 grams carbohydrate, 6 grams fiber, 4 grams protein