MAPLE GREEN BEANS
Roasting green beans is a quick and easy way to prepare a delicious green vegetable. This recipe can be made with fresh out-of-the-garden green beans, fresh packaged and pre-washed green beans, or frozen green beans. Boost the flavor by using pure maple syrup. Yield: 4 Servings

INGREDIENTS:
• 1 lb. green beans
• 1 Tbsp. maple syrup
• 1 tsp. olive oil
• ½ tsp. salt
• ¼ tsp. pepper

DIRECTIONS:
1. Preheat oven to 400°.
2. In a large bowl, toss green beans with maple syrup, oil, salt and pepper.
3. Arrange evenly on sheet tray.
4. Roast until tender, about 20 to 25 minutes.

NUTRITIONAL DATA:
59 calories, 1.3 grams fat, 0 grams saturated fat, 0 mg cholesterol, 11.5 grams carbohydrate, 3.9 grams dietary fiber, 2.1 grams protein

The Cooking, Comfort, Care, Nourishment for the Pancreatic Cancer Fight program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.