



trim healthymama™
© 2015 Welby Street Press LLC Unauthorised use prohibited. *Property of TrimHealthyMembership.com



Green Fries (S)

You'll need two or three full trays for larger families. These green fries do a magical disappearing act with children. We love these ugly-looking things! The uglier they get, meaning all brown and shriveled, the yummiest they can taste. They're a great side for all sorts of main meals, but especially burgers. This recipe is found on page 357 of the Trim Healthy Mama book, page 218 of the Trim Healthy Mama Cookbook, and page 262 of Trim Healthy Table.

Serving Size: Multiple-serve

INGREDIENTS:

- 32 oz frozen green beans (2-16 oz bags, extra fine cut)
- 3 Tbsp butter (3 to 4 Tbsp melted, or coconut oil)
- mineral salt (to taste)
- black pepper (to taste)
- cayenne pepper (to taste, optional)
- 2 Tbsp nutritional yeast
- 2 Tbsp Parmesan cheese (2- 3 Tbsp; finely grated, optional)
- garlic powder (optional)
- onion powder (optional)

INSTRUCTIONS:

1. Empty the bags of beans onto two 9x13-inch baking trays. Divide the melted butter (or coconut oil) between the two baking trays.
2. Sprinkle generously with nutritional yeast, Parmesan cheese, black pepper, mineral salt, and optional onion and garlic powder.
3. Toss the beans with your hands so each green bean gets glazed with butter/oil and coated with seasonings.
4. Bake at 350 for 25 to 30 minutes, turning the beans once or twice during cooking, until they are tender and slightly shriveled.

This and other delicious THM recipes can be found at
www.TrimHealthyMembership.com