



Crispy White Beans with Garlic and Herbs

Ingredients

- 2, 15 ounce cans cannellini or Great Northern beans, rinsed and drained
- ½ cup extra-virgin olive oil
- 3 large cloves garlic, smashed
- 1 tablespoon dried rosemary
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoon oregano



Serves: 10

Prep Time: 5 minutes

Cook Time: 45 minutes

**Nutrition Information: 1 serving
121 calories, 5 g fat, 15 g carb (3 g
fiber) 5 g protein, 240 mg sodium**



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Instructions:

1. Preheat oven to 425°F. Spread beans on a tray lined with paper towels; pat dry.

2. For garlic oil: In a small saucepan warm olive oil and garlic over medium-low 10 to 12 minutes or until simmering and aromatic and garlic starts to brown. Remove garlic with a slotted spoon; discard.

3. In a medium bowl combine beans, rosemary, salt and pepper. Toss with garlic oil. Arrange beans in a single layer in a 15x10-inch baking pan. Roast 35 minutes or until browned and crisp, stirring once.

4. Spread beans on a piece of foil. Sprinkle with oregano. Let cool completely before serving. Serves 10.

