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
In this recipe, you will find a delightful combination of crispy white beans with garlic and herbs. Here's how to make it:

1. Preheat your oven to 425°F. Spread the 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 heat for 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 the beans, rosemary, salt, and pepper. Toss with garlic oil. Arrange the beans in a single layer in a 15x10-inch baking pan. Roast for 35 minutes or until browned and crisp, stirring once.