

AIR FRIED GREEN BEANS *WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

This is a super simple side dish or toss these green beans on top of a salad!

INGREDIENTS

- GREEN BEANS (FRESH OR FROZEN)
- EVOO
- SPICES TO TASTE: SALT, PEPPER,
- GARLIC, RED PEPPER FLAKES, ETC.
- PARMESAN CHEESE

1. PUT GREEN BEANS IN AIR FRYER
(SINGLE LAYER)
2. SPRAY WITH EVOO
3. SPICE TO TASTE
4. AIR FRY ON 380 FOR ABOUT 8 MINUTES.
5. SPRINKLE WITH PARMESAN CHEESE & ENJOY!

