



Roasted Green Beans with Tomatoes and Basil

Servings: 0

I love roasted vegetables and green beans are no exception. I wonder why it took me so long to roast them with tomatoes, which I also love roasted. The flavor of both vegetables is intensified as they caramelize in the high heat oven. Basil is the perfect seasoning. I use dried basil to add flavor during the roasting process, then add fresh for a bright taste at the end. A little Parmesan cheese adds a final nutty touch. This Italian-influenced recipe is a quick, easy, healthy and delicious side dish for any meal.

Ingredients

- 1 pound fresh green beans, stem ends removed, rinsed and drained well
- 1 pint cherry or grape tomatoes (see notes below)
- 1 tablespoon olive oil
- 2 large garlic cloves, minced
- 2 teaspoons dried basil leaves
- Salt and pepper to taste
- 1 tablespoon freshly grated Parmesan cheese
- 1 tablespoon shredded fresh basil

Directions

Preheat oven to 425° F. For easy cleanup, line a medium shallow-sided baking sheet with foil. Spray lightly with olive or cooking oil spray. Place the beans and tomatoes on the sheet, then drizzle with the olive oil. Add the garlic, dried basil, salt and pepper. Toss to combine, then spread into one layer. Roast until the beans are tender, about 20 to 30 minutes, depending on size and freshness. Sprinkle with the Parmesan cheese and roast about 2 more minutes. Remove from the oven and add the fresh basil. These can be served hot, warm or room temperature.

Notes: Try to get small, bite-size tomatoes. However, if some are large, cut them in half. I often use prewashed packaged green beans. If you are roasting an entree in the same oven, the beans can be roasted at a slightly lower or higher temperature, adjusting the roasting time accordingly.

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