

RECIPE OF THE WEEK

Crispy Green Beans

Ingredients

- 1 to 2 cup fresh green beans
- Egg whites
- Salt
- 1 packet Ideal Protein Salt and Vinegar Crisps – pulse until - crumbs



Preparation

1. Put green beans into egg whites, pour them into a ziplock bag.
2. Pour the crumbled IP crisps into the bag, seal and shake.
3. Spray baking sheet with nonstick spray.
4. Lay the beans on the sheet.
5. Bake at 450° for approx. 20-30 minutes, until beans are crunchy.
6. Serve and enjoy!

