

Air Fryer Roasted Green Beans

Oshkosh Community YMCA

Our Air Fryer Roasted Green Beans are a flavorful, easy low carb recipe you can make in a traditional air fryer or Ninja Foodi.

INGREDIENTS:

- 2 tablespoon lard or bacon fat or cooking oil
- 10.8 oz whole green beans frozen
- 1 tablespoon minced garlic
- 2 tablespoon diced pimentos
- garlic powder to taste
- onion powder to taste
- salt to taste



INSTRUCTIONS:

1. If using the Ninja Foodi: Heat the lard in the main pot on the sauté feature. (If using a traditional air fryer, heat lard in a large skillet on the stove.)
2. Add all remaining ingredients and sauté until green beans are bright green and glossy.
3. Air fry in batches in a single layer in the air fryer basket.
4. Air fry at 390 for 15 minutes and add additional minutes to reach desired crispiness.
5. Serve hot.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe source <https://www.recipesthatcrock.com/air-fryer-roasted-green-beans/#recipe>

Notes

- You can make these roasted green beans in a Ninja Foodi or traditional air fryer.
- Cooking times are always a basic guideline. Recipes should always be tested first in your own air fryer and time adjusted as needed.
- If you cannot find pimentos in the store you can find them online.

NUTRITION

Calories: 91kcal | Carbohydrates: 6g | Protein: 2g | Fat: 7g | Saturated

Fat: 3g | Cholesterol: 7mg | Sodium: 16mg | Potassium: 173mg | Fiber: 2g | Sugar: 3g | Vitamin A: 727IU | Vitamin C: 16mg | Calcium: 32mg | Iron: 1mg | Net Carbs: 4g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.