

# **Roasted Green Beans and Mushrooms** **with Herbed Breadcrumbs**

**Serves 4-6**

## **Ingredients:**

- 1 lb green beans, stemmed
- 10 ounces cremini mushrooms, halved or quartered if large
- 1-3 tablespoons of extra-virgin olive oil
- 2 garlic cloves, minced
- 1/2 cup whole wheat, homemade breadcrumbs (use 100% whole wheat, whole grain or sprouted grain bread and process in a food processor to a fine texture; if purchase breadcrumbs- just make sure they are 100% whole wheat or whole grain, with no added chemicals or preservatives)
- 1/2 teaspoon fresh thyme, chopped
- 1/2 teaspoon rosemary, chopped
- 1/2 teaspoon onion powder

## **Instructions:**

1. Preheat oven to 400 degrees.
2. Toss green beans and mushrooms with 1 tablespoon of olive oil. Season with pepper. Spread evenly on a large baking dish. Roast 20-25 minutes until browned and tender.
3. Meanwhile, heat the remaining tablespoon of olive oil in a small skillet on medium heat. Add garlic and cook 30-60 seconds until fragrant. Add breadcrumbs, herbs, onion powder and season with pepper. Cook, stirring frequently, until toasted, about 5 minutes total.
4. When vegetables are roasted, arrange in a serving bowl and top with breadcrumbs.

