



## Sauteed String Beans + Roasted Sweet Potatoes

### Ingredients

#### **Sauteed String Beans**

- 12 oz package of string beans, trimmed
- Olive oil
- 3 cloves of garlic, thinly sliced
- Salt and pepper

#### **Roasted Sweet Potatoes**

- 1 large sweet potato
- Salt
- Olive oil

### Instructions

#### **Sauteed String Beans**

1. Clean string beans and trim off the ends
2. In a large saute pan, add a drizzle of olive oil over medium low heat
3. Add sliced garlic and let saute for about 2 minutes until softened but not too golden
4. Then add the string beans and a pinch of salt and pepper. Mix to combine
5. Saute for about 3-4 minutes and then add about 1/8 cup of water, stir and then cover
6. Let cook for about 5-8 minutes (depending how tender you want them), stirring occasionally
7. Remove from heat and serve or store in an air-tight container in the refrigerator for up to a week. Heat in a pan to warm back up before serving or you can serve cold

## **Roasted Sweet Potatoes**

1. Preheat oven to 425 degrees and line a baking sheet with parchment paper
2. Clean potato and cut into 1 inch disks and then cut disks into bite-sized cubes
3. Place on baking sheet and add a light drizzle of olive oil and a good pinch of salt. Mix to combine and then spread out over the pan so there is one even layer of potatoes
4. Bake in the oven for about 30-40 minutes until golden on the outside and tender on the inside
5. Serve or store in an air-tight container in the refrigerator for up to a week. Heat in a pan to warm back up before serving