

Roasted Maple-Mustard Green Beans

Conversion
Factor

Original Yield

Desired Yield

desired yield

----- = conversion factor

original yield

Original Yield x Conversion Factor = Desired Yield

maple syrup	1 ½ t.	
Dijon mustard	1 ½ t.	
grainy mustard	1 ½ t.	
cayenne pepper	pinch	
green beans, stem ends snapped off	8 oz.	
medium carrot, peeled and cut into matchsticks (julienne)	1	
vegetable oil	1 ½ t.	
salt	tt	
minced fresh parsley leaves	2 t.	

1. Heat oven to 450 degrees. Combine maple syrup, mustards, and cayenne in small bowl.
2. Line rimmed baking sheet with aluminum foil; arrange beans and carrots on baking sheet.
3. Drizzle with oil; using hands, toss to coat evenly.
4. Sprinkle with 1/2 teaspoon salt, toss to coat, and distribute in even layer.
5. Roast 10 minutes.
6. Remove baking sheet from oven.
7. Using tongs, coat beans and carrots evenly with maple-mustard mixture; redistribute in even layer.
8. Continue roasting until carrots and beans are dark golden brown in spots and beans are starting to shrivel, 10 to 12 minutes longer.
9. Adjust seasoning with salt and toss well to combine.
10. Transfer to serving dish, sprinkle with parsley, and serve.