



Recipe Details

Recipe Name - Crispy Green Bean Fries

Recipe Steps -

Ingredients

- 1 lb green beans
- Balsamic vinegar of your choice or plant milk

Dry ingredients (Option 1)

- 1 cup garbanzo bean flour (or flour of your choice)
- 2 tsp garlic powder
- 1 tsp onion powder
- Paprika to taste
- Cayenne pepper to taste

Dry Ingredients (Option 2)

- 1 cup panko
- 2 tsp garlic powder
- 1 tsp onion powder
- Paprika to taste
- Cayenne pepper to taste

Instructions

1. Drizzle green beans with white balsamic vinegar (other options are plant milk or other vinegar of your choice) to moisten
2. Mix all dry ingredients together
3. Put wet green beans into dry ingredients and cover the green beans well. Note - You can use the garbanzo bean flour mixture, the panko mixture, or half and half, as we did in our video
4. Place green beans on a parchment-lined cookie sheet and bake at 425 degrees for 20 minutes, flipping halfway through. You can also do this in an air fryer
5. Enjoy!

