



## Everything-Bagel Green Beans



1/2 of recipe (about 1 cup): 122 calories, 7g total fat (1g sat. fat), 170mg sodium, 11.5g carbs, 4.5g fiber, 5.5g sugars, 3g protein

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**Prep:** 5 minutes   **Cook:** 10 minutes

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### Ingredients

12 oz. green beans, cut into 3-inch pieces  
1 tbsp. olive oil  
1 tsp. everything bagel seasoning

### Directions

Place green beans in a large bowl. Add oil, and toss to coat. Sprinkle with everything bagel seasoning, and toss to coat.

If you like, line your air fryer basket with a [parchment](#) or [silicone](#) liner.

Place green beans in the air fryer. Set air fryer to 380°F. Cook until tender on the inside and lightly browned and crispy on the outside, about 10 minutes, flipping halfway through if needed.

### MAKES 2 SERVINGS

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