While creating a backed project, first step would be

npm init

after that they will ask few questions related project like,

Package name:

Description:

Entry point:

Test command:

Git repository:

Keywords:

author:

License:

Now, inside package. Json, inside scripts write,

"scripts": {

      "start": "node index.js"

  },

Now, install express in your project

**npm install express**

**Now, go to index.js file and paste below code,**

**This is how you make server,**

const express = require('express')

const app = express()

const port = 3000

app.get('/', (req, res) => {

res.send('Hello World!')

})

app.listen(port, () => {

console.log(`Example app listening on port ${port}`)

})

Now, Install dot env in your project

npm i dotenv

Now, make a file named as .env

Now, require dotenv inside your index.js file

require('dotenv').config()

How to use this,

app.listen(process.env.PORT, () => {

  console.log(`Example app listening on port ${port}`)

})