

Healthy Green Bean Casserole



Enjoy this recipe using a lighter, milk-based sauce, sautéed onions and fresh green beans.

Ingredients for Onion Topping:

1 small onion, sliced
1 T extra-virgin olive oil
Kosher salt
Freshly ground black pepper
¼ cup Panko

1 small onion, sliced
8 oz. sliced mushrooms
¼ cup butter
¼ cup all-purpose flour
2 cups skim or 2% milk
1 cup low sodium chicken or vegetable stock

Ingredients for Casserole:

1 lb. green beans, trimmed
1 T extra-virgin olive oil

Kosher salt
Freshly ground black pepper

DIRECTIONS

1. Preheat oven to 375°. Prepare topping: In a large skillet over medium heat, heat oil. Cook onions until slightly golden and tender, 4-6 minutes. Remove from skillet and place in a medium bowl. Toss with Panko until coated and season with salt/pepper.
2. For Casserole: Prepare an ice bath in a large bowl for the cooked green beans. Next, in a large pot boil water and add green beans. Cook until bright green and crisp-tender, about 3 minutes. With a slotted spoon or tongs quickly transfer the beans to the ice bath to cool, then drain and transfer to a large bowl.
3. In a large skillet over medium heat, heat oil. Add onions and cook, stirring occasionally until tender, about 5 minutes. Add mushrooms and season with salt/pepper. Cook, stirring often, until mushrooms are golden, about 5 more minutes. Stir in garlic then transfer mixture to the bowl of cooked green beans, and mix together.
4. Melt the butter in the skillet over medium heat. Whisk in flour and cook until golden, about 2 minutes. Gradually whisk in milk and stock and bring to simmer. Cook until thickened, about 4 minutes. Remove from heat and add the green bean mixture; toss until combined evenly. Transfer mixture to a medium casserole dish.
5. Bake until warmed through and bubbling around the edges, about 20 minutes. Top with the onion/panko topping and bake 10 more minutes until golden. Serves 4.