Fit & Flavorful
Green Bean Casserole
Recipe by Executive Chef Mark Beland

Calories: 122    Protein: 5g    Carbohydrates: 20g    Total Fat: 3.5g
Saturated Fat: 0.5g    Unsaturated Fat: 3g    Trans Fat: 0g
Cholesterol: 1mg    Sodium: 29mg    Fiber: 6g

Yield: 6
Mayo Clinic Exchange: 1 vegetable, 1 carbohydrate, ½ fat

Ingredients

2 lbs. fresh green beans, clipped & cut in 2” pcs.  1 c. skim milk
1 pt. crimini mushrooms, cleaned and sliced  1 yellow onion, sliced
1 c. yellow onion, diced  1 tsp. canola oil
½ c. celery, diced
1 Tbsp. flour
1 tsp. black pepper
1 Tbsp. flour
2 cloves garlic, minced
1 Tbsp. canola oil

Preparation

Toss sliced onion in 1 tablespoon flour. Bake single layer on sheet pan at 400 degrees for 15 minutes, or until golden brown and crispy. Cool on paper towel. Heat sauté pan, add canola oil. Sauté onion, celery and garlic for 5-10 minutes until lightly brown. Add 1 tablespoon flour to pan and cook for additional 5 minutes. Add milk and bring to simmer. In separate sauté pan, sauté mushrooms and green beans in 1 teaspoon canola oil until browned. Add sauce to green beans/mushrooms and toss. Place in glass or ceramic dish. Top with crispy onions and bake at 350 degrees for 30 minutes.