

# Holiday Recipe

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## Green Bean Casserole

This family favorite is made healthier with a homemade onion topping and your own mushroom sauce. Don't let the list of ingredients or steps scare you away. It's really an easy recipe and reduces the sodium and fat since you aren't using canned soup and fried onions. You can make this ahead and put it in the refrigerator until baking time. Just add another 10 minutes to the final baking time.

**Serves: 6**

**Serving Size: ½ cup**

### Topping:

1 large onion, thinly sliced  
¼ cup all-purpose flour  
2 tbsp panko bread crumbs  
¼ tsp salt  
Nonstick cooking spray



### Green Beans:

¾ pound fresh green beans in a steamer bag (in the fresh produce department)  
1 tbsp unsalted butter  
1½ cups sliced mushrooms  
½ tsp salt  
¼ tsp pepper  
1 garlic clove, minced  
½ tsp poultry seasoning  
1 tbsp all-purpose flour  
½ cup low sodium chicken broth  
½ cup fat free half and half

### Directions:

1. Preheat oven to 475°F.
2. In a large bowl combine onion, flour, bread crumbs, and salt.
3. Spray a large baking sheet with nonstick spray and spread the onions on it. Spray the top of the onions with the nonstick cooking spray.
4. Bake for 10 minutes. With a turner, flip the onions over to brown both sides. Bake another 10 minutes or until golden brown. Set aside until needed.
5. Reduce oven to 350°F.
6. Microwave beans in the steamer bag according to directions for 4 minutes. Set aside.
7. Melt the butter in a large skillet over medium-high heat.
8. Add the mushrooms, salt, and pepper and cook for 5 minutes.
9. Add garlic and poultry seasoning and cook for 1 minute.
10. Sprinkle the flour over the mushrooms and stir until the flour is well mixed.

11. Add broth and simmer for 1 minute.
12. Lower the heat and add the fat free half and half. Cook until the mixture thickens, about 6 minutes.
13. Remove from heat and stir in  $\frac{1}{4}$  of the onion mixture and all the green beans.
14. Pour into a 2 qt casserole dish and top with remaining onions.
15. Bake for 15- 20 minutes.

Per serving: 90 calories, 3g protein, 3g fat (2g saturated), 5mg cholesterol, 14g carbohydrate, 3g fiber, 4g sugar, 320mg sodium

% Daily Value: Vitamin A 4%, Vitamin C 10%, Calcium 6%, Iron 4%

