



Healthy Green Bean Casserole

INGREDIENTS:

Onion topping:

- 1/2 tsp canola oil
- 1 large onion, thinly sliced
- 1/2 cup fresh breadcrumbs

Sauce and green beans:

- 2 cups skim milk
- 6 black peppercorns
- 1 bay leaf
- Pinch grated nutmeg
- 1/2 tsp canola oil
- 1 small onion, finely chopped
- 1/2 lb mushrooms, trimmed and sliced (3 cups)
- 1 clove garlic, finely chopped
- 1/4 cup all-purpose flour
- 1/4 cup reduced-fat sour cream
- 1 tsp salt
- 1/2 tsp. freshly ground pepper
- 1 9-oz package frozen green beans (2 cups)

DIRECTIONS:

To make onion topping:

- 1) Heat oil in a large non-stick skillet over low heat.
- 2) Add sliced onion and cook, stirring occasionally, until tender and golden, about 30 minutes. Set aside.
- 3) Preheat oven to 350 degrees. Spread breadcrumbs on a baking sheet and toast, stirring once, until lightly browned, 5-to-10 minutes. Set aside.

To make sauce:

- 1) Combine milk, peppercorns, bay leaf and nutmeg in a medium saucepan and heat over low until steaming.

- 2) Remove from heat, let stand for 5 minutes, and then strain into a measuring cup. (Discard peppercorns and bay leaf.)
- 3) Meanwhile, heat oil in a large saucepan over medium heat. Add chopped onion and cook, stirring often, until golden, 3-to-4 minutes.
- 4) Add mushrooms and garlic and cook, stirring, until tender, 3-to-4 minutes.
- 5) Sprinkle flour over the vegetables and cook, stirring, for 1 minute.
- 6) Slowly pour in the milk, whisking constantly. Bring to a boil, stirring.
- 7) Reduce heat to low and cook, stirring, until thickened, about 1 minute.
- 8) Remove from heat. Whisk in sour cream, salt and pepper.

To assemble and bake casserole:

- 1) Preheat oven to 425 degrees.
- 2) Spread green beans evenly over the bottom of a shallow 2-quart baking dish.
- 3) Pour the sauce over the top. Toss together the reserved onions and breadcrumbs in a small bowl and spread over the beans. Bake until bubbling, 15-to-25 minutes.