

## Green Bean Casserole



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**SERVINGS:** 6 servings  
(1 serving =  $\frac{3}{4}$  cup)

### NUTRITIONALS

Nutritional analysis per serving:  
calories 170, calories from fat 40,  
total fat 4.5g, saturated fat 2.5g,  
trans fat 0g, cholesterol 10mg,  
sodium 180mg, total carbohydrate  
33g, dietary fiber 2g, sugars 21g,  
protein 2g, vitamin A 6%,  
vitamin C 10%, calcium 2%,  
iron 6%

### INGREDIENTS:

3 Tbsp canola oil, divided  
1 medium sweet onion (half diced, half thinly sliced), divided  
8 oz mushrooms, chopped  
1 Tbsp onion powder  
1 tsp salt, divided  
 $\frac{1}{2}$  tsp dried thyme  
 $\frac{1}{2}$  tsp freshly ground pepper  
 $\frac{1}{2}$  cup all-purpose flour, divided  
1 cup low-fat milk  
3 Tbsp dry sherry  
1 lb (4 cups) frozen French-cut green beans  
 $\frac{1}{3}$  cup reduced-fat sour cream  
3 Tbsp reduced fat buttermilk or milk  
1 tsp paprika  
 $\frac{1}{2}$  tsp garlic powder

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### DIRECTIONS:

1. Preheat oven to 400°F. Coat a 2  $\frac{1}{2}$ -quart baking dish with cooking spray.
2. Heat 1 Tbsp oil in a large saucepan over medium heat. Add diced onion and cook, stirring often, until softened and slightly translucent, about 4 minutes. Stir in mushrooms, onion powder,  $\frac{3}{4}$  tsp salt, thyme and pepper.
3. Cook, stirring often, until the mushroom juices are almost evaporated, 3 to 5 minutes. Sprinkle  $\frac{1}{4}$  cup flour over the vegetables; stir to coat. Add milk and sherry and bring to a simmer, stirring often.
4. Stir in green beans and return to a simmer. Cook, stirring, until heated through, about 1 minute. Stir in sour cream and buttermilk. Transfer to the prepared baking dish.
5. Whisk the remaining  $\frac{1}{4}$  cup flour, paprika, garlic powder and the remaining  $\frac{1}{4}$  tsp salt in a shallow dish. Add sliced onion; toss to coat. Heat the remaining 2 Tbsp oil in a large nonstick skillet over medium-high heat.
6. Add the onion and cook, turning once or twice, until golden and crispy, 4 to 5 minutes. Remove onion from pan and add remaining flour mixture and cook until browned. Spread the onion and flour topping over the casserole.
7. Bake the casserole until bubbling, about 15 minutes. Let cool for 5 minutes before serving.

Source: adapted from Eatingwell.com. November/December 2008.