



Green Bean Casserole

This easy casserole is made with lightened-up ingredients including a deliciously creamy green bean filling and crispy onion topping. It's an easy make-ahead dish and always a crowd-pleaser.

Makes 8 to 12 Servings

Ingredients

2 lb. fresh green beans, trimmed and cut into bite-sized pieces
1 batch Mushroom Alfredo Sauce
1 batch Crispy Onion Topping

For Mushroom Alfredo Sauce:

2 tbsp butter or olive oil
8 oz baby bella mushrooms, thinly sliced
4 cloves garlic, minced
3 tbsp all-purpose flour
½ cup vegetable stock
1 cup milk
½ cup freshly-grated Parmesan cheese
½ tsp sea salt
¼ tsp black pepper

For Crispy Onion Topping:

1 tbsp butter or olive oil
1 red onion, peeled and thinly sliced
½ cup panko breadcrumbs
¼ cup freshly-grated Parmesan cheese
¼ tsp each sea salt and black pepper

Steps

1. Preheat oven to 375°F. Heat a large pot of water over high heat until boiling. Add green beans and cook for 3 to 5 minutes, depending on how crispy you like your beans. Transfer beans to a bowl of ice water to prevent them from cooking longer. Set aside.
2. To make onion topping, melt ½ tbsp butter in a large pan over medium-high heat. Add onion and sauté for 2 minutes, stirring occasionally, until onion is partially cooked. Transfer to a bowl. Add remaining ½ tbsp butter and panko to the pan, and stir to combine. Cook for 2 minutes, stirring constantly, until panko is lightly golden. Remove from heat and add to the onions. Add in the Parmesan, salt, and pepper, and toss until evenly combined. Set aside.
3. To make sauce, melt butter over medium-high heat, then add mushrooms and sauté for 5 minutes until lightly browned and soft. Add garlic and cook for 2 minutes more. Stir in the flour and cook for 1 minute, then add in vegetable stock and stir until flour is dissolved. Add milk and parmesan and stir to combine. Continue cooking until the sauce reaches a simmer and thickens. Remove from heat and season with salt and pepper to taste.
4. Add green beans to the sauce and stir to coat. Transfer to a 9 x 13-inch baking dish and spread the bean mixture out in an even layer. Sprinkle with crispy onion topping mixture.
5. Bake for 25 minutes or until the onion topping is golden and crispy. Remove from oven and serve warm.

Nutrition Information

145 Calories | 17.5g Carbohydrates | 6.1g Fat | 3.6g Saturated Fat | 3.9g Fibre | 6.7g Protein | 351mg Sodium | 3.2g Sugar

Source: www.gimmesomeoven.com