



GREEN BEAN CASSEROLE

Basic Lifestyle

Ingredients

Onion Topping

½ TSP canola oil
1 large onion, thinly sliced
½ cup fresh breadcrumbs

Sauce & Green Beans

2 cups skim milk
6 black peppercorns
1 bay leaf
pinch grated nutmeg
½ TSP canola oil
1 small onion, finely chopped
½ pound mushrooms, trimmed and sliced (3 cups)
1 clove garlic, finely chopped
¼ cup all-purpose flour
¼ cup reduced fat sour cream
1 TSP salt
½ TSP freshly ground pepper
1 9-ounce package frozen green beans (2 cups)

Instructions

1. To make onion topping: Heat oil in a large nonstick skillet over low heat. Add sliced onion and cook, stirring occasionally, until very tender and golden, about 30 minutes. Set aside.
2. Meanwhile, preheat oven to 350°. Spread breadcrumbs on a baking sheet and toast, stirring once, until lightly browned, 5 to 10 minutes. Set aside.
3. To make sauce: Combine milk, peppercorns, bay leaf and nutmeg in a medium saucepan and heat over low until steaming. Remove from heat, let stand for 5 minutes and strain into a measuring cup. (Discard peppercorns and bay leaf.)
4. Meanwhile, heat oil in a large saucepan over medium heat. Add chopped onion and cook, stirring often, until golden, 3 to 4 minutes. Add mushrooms and garlic and cook, stirring until tender 3 to 4 minutes. Sprinkle flour over the vegetables and cook, stirring for 1 minute. Slowly pour in the milk, whisking constantly. Bring to a boil, stirring. Reduce heat to low and cook, stirring until thickened, about 1 minute. Remove from heat. Whisk in sour cream, salt and pepper.
5. To assemble and bake casserole: Preheat oven to 425°. Spread green beans evenly over the bottom of a shallow 2-quart baking dish and 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.

Portion-Per-Serving Information (Yields 6 servings): 1 serving = 1 cup = 2 V, ½ M