

# Healthy Green Bean Casserole

Yield: 8 servings

## Ingredients:

- 2½ lbs green beans, trimmed and cut into 1 to 2-inch pieces (about 8 cups)
- 2-3 tbsp extra virgin olive oil, divided
- 1 medium onion, thinly sliced
- 3 tbsp all-purpose flour or whole wheat pastry flour
- ¼ tsp white or black pepper
- 2½ cup low-fat milk
- 1½ cup fresh whole-wheat breadcrumbs

## Directions:

1. Position oven racks in upper and lower third of oven; preheat to 425°F.
2. Toss green beans in a large bowl with 1 tablespoon oil until well coated. Divide between 2 baking sheets and spread in an even layer. Place in the oven to roast, stirring once and rotating the pans top to bottom about halfway through, until tender and beginning to brown, 20 to 25 minutes.

(continued)

**Directions:** (continued)

3. Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until soft, 5 to 8 minutes. Add flour, pepper; cook, stirring, for 1 minute more. Add milk and continue to stir. Cook, stirring, until the sauce bubbles and thickens. Remove from heat.
4. When the green beans are done, remove from the oven. Preheat the broiler.
5. Transfer half the green beans to a 2-quart, broiler-safe baking dish. Layer half the sauce over the green beans. Add the remaining green beans and top with the remaining sauce.
6. Combine breadcrumbs and the remaining 1 tablespoon oil in a small bowl.
7. Sprinkle the breadcrumb mixture over the green bean casserole. Place under the broiler and broil until the gratin is bubbling and beginning to brown on top, 1 to 5 minutes, depending on your broiler. Let stand for 10 minutes before serving.

**Nutrition Info:** (per serving)

Calories: 170 • Fat: 7g

Sodium: 303mg • Carbohydrates: 23g

Dietary Fiber: 5g • Protein: 7g

Source: *www.eatingwell.com*



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