

GREEN BEAN CASSEROLE MAKEOVER

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 3/4 cup

Nutrition (per serving)

Calories: 120

Total Carbohydrate: 19 g

Total Fat: 4 g

Dietary Fiber: 4 g

Saturated Fat: 1 g

Protein: 4 g

Sodium: 160 mg

Ingredients

6 tsp olive oil, divided

4 cups sliced onion (2 large)

1/8 tsp salt, or to taste

Freshly ground pepper to taste

1 ¼ lb. fresh green beans, stems trimmed, cut into 1 ½-inch lengths or one 16-oz. pkg frozen green beans, preferably Frenched green beans

3 cups sliced fresh mushrooms (one 8- or 10-oz pkg)

2 Tbsp all-purpose flour

1 cup reduced-sodium chicken or vegetable broth

- 2 Tbsp reduced-fat sour cream
- 1 tsp reduced-sodium soy sauce
- ¼ cup plain dry breadcrumbs

Directions

1. Heat 2 tsp oil in a large nonstick skillet over medium-low heat. Add onions and salt; cook, stirring often, until tender and light golden, 20-25 minutes. (Adjust heat as necessary and add a little water if onions brown too quickly.) Transfer to a medium bowl and season with pepper. (Rinse and dry skillet if necessary).
2. Meanwhile, if using fresh green beans, steam or boil until crisp-tender, 5-7 minutes. If using frozen, cook according to package directions. Drain beans and refresh under cold running water.
3. Heat 2 tsp oil in the skillet over medium-high heat. Add mushrooms and cook, stirring or shaking pan from time to time, until browned and tender, 5-7 minutes. Sprinkle flour over mushrooms and stir for a few seconds. Add broth and bring to a boil, stirring constantly. Simmer, stirring, until thickened, about 1 minute. Remove from heat. Stir in sour cream, soy sauce and pepper. Stir in green beans.
4. Meanwhile, preheat oven to 400 degrees. Coat an 8-by-11 ½ inch (or similar 2-qt) baking dish with cooking spray. Spread green bean-mushroom mixture in prepared baking dish. Top with caramelized onions. Mix breadcrumbs and remaining 2 tsp oil in a small bowl; sprinkle over onions. (Casserole can be prepared ahead. Cover and refrigerate for up to 2 days.)
5. Bake casserole, uncovered, until heated through and topping is golden and crisp, 25-35 minutes.