

Beast's Best Green Bean Casserole

Ingredients:

Onion topping

- 2 medium yellow onions, halved, peeled, and sliced thin
- 1/4 cup all-purpose flour
- 2 Tbsp. breadcrumbs
- 1 tsp. garlic powder
- 1/4 tsp. salt

Casserole

- 2 lb. green beans, trimmed
- 8 oz. mushrooms, sliced
- 1 medium red pepper, diced
- 1 Tbsp. olive oil
- 2/3 cup low-fat, reduced-sodium chicken broth
- 1 cup reduced-fat sour cream

Directions:

1. Preheat the oven to 400°F.
2. To prepare the onions, toss the onions with the flour, breadcrumbs, garlic powder, and salt.
3. Spread the onions on a baking sheet (sprinkle with any excess flour mixture that does not initially adhere to the onions), and bake for about 40 to 45 minutes until onions are browned, tossing them around every 10 minutes.
4. Remove the onions from the oven and set aside. Reduce the oven temperature to 350°F.
5. To a large pot of boiling water, add the green beans, turn off the heat, and let the green beans stand in the hot water for 2 minutes.
6. Drain and plunge the green beans into a bowl of ice water. Drain again. Set aside.
7. Heat the oil in a large skillet over medium heat.
8. Add the mushrooms and red pepper and sauté for about 5 minutes until mushrooms are browned.
9. Add the broth and green beans, cover, and cook until the broth is absorbed, about 7 minutes.
10. Remove the skillet from the stove and fold in the sour cream.
11. Pour the green bean mixture into a casserole dish, cover and bake for about 15 minutes.
12. Uncover, top with the onions, and bake for 10 to 15 minutes more.

Nutrition:

- This recipe makes 14 servings.
- Each serving counts as 2 vegetables.



Playnormous Healthy Recipes

Safety:

- Keep your fingers curled under when using the knife to avoid cutting your fingers.
- CAUTION – Ask a parent or guardian for help when using the stove.
- CAUTION – Ask a parent or guardian for help when using the oven.

Source: American Diabetes Association

