

Green Bean Casserole Redux

Serving Size: 1/8 of recipe

Serves: 8

Ingredients

1 pound fresh green beans, trimmed and cut in 1-2 inch pieces
1 tablespoon extra-virgin olive oil
½ teaspoon kosher salt
3-4 medium shallots, diced
8 ounces baby portabella mushrooms, sliced
2 tablespoons unsalted butter
3 tablespoons whole wheat flour
1½ cups low sodium chicken broth*
1 tablespoon chia seeds
3 teaspoons fresh thyme leaves
Ground black pepper
¾ cup panko bread crumbs

Directions

Preheat the oven to 400 degrees. Spray a 2-quart baking dish with cooking spray. Bring a medium-large saucepan of water to boil. Add the green beans and cook uncovered until crisp-tender and bright green, about 3 minutes. Drain the beans and rinse with cold water. Transfer the beans to a large bowl.

In the same sauce pan, heat the oil over medium-high heat. Add the shallots and cook until softened, about 2 minutes. Add the mushrooms and season with ½ teaspoon salt. Sauté stirring to brown the mushrooms, about 5-7 minutes. Add the mushrooms and shallots to the beans.

Melt the butter in a small saucepan over medium heat. Add the flour and cook stirring until golden, about 2 minutes. Slowly whisk in the broth. Increase the heat to high and bring to a boil stirring occasionally. Add the chia seeds, 1 teaspoon thyme and black pepper. Reduce the heat and simmer until thickened stirring, about 5 minutes. Pour the sauce over the vegetables and stir to evenly combine.

Transfer the mixture to the baking dish. Add the remaining 2 teaspoons of thyme to the bread crumbs and sprinkle over the vegetables. Bake uncovered until the sauce bubbles and the crumbs brown, about 20 minutes. This updated version of a traditional classic will have your holiday guests asking for the recipe.

Exchanges per Serving

2 Vegetable, ½ starch, 1 Fat

Nutrients per Serving

Calories: 174

Calories from fat: 63 g

Total Fat: 7 g

Cholesterol: 10.4 g

Sodium: 240 mg

Total Carbohydrate: 25 g

Dietary Fiber: 14.4 g

Protein: 5 g