

Healthy Green Bean Casserole

Ingredients

Green Beans:

- 2 lbs fresh or frozen green beans, trimmed

Crispy Onion Topping:

- 1 tbsp olive oil
- 1 large yellow onion, thinly sliced
- 1/2 cup almond meal
- 1/4 cup grated parmesan cheese or Nutritional yeast flakes
- 1/4 tsp sea salt

Mushroom Sauce:

- 1 tbsp olive oil
- 8-10 medium cremini mushrooms, thinly sliced
- 4 cloves garlic, minced
- 3 tbsp chickpea flour
- 1/2 cup low sodium chicken broth (Optional Turkey broth)
- 1 cup unsweetened almond milk
- 1/3 cup parmesan cheese, grated
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- Optional splash of red wine
- optional red pepper flakes

Directions

1. Preheat oven to 375 degrees F, bring a large stockpot of water to a boil, and grease a large casserole dish with olive oil and then set aside.
2. Add the green beans to the boiling water and boil for 4-5 minutes, or until almost tender, but still slightly crisp. Drain the cooked green beans, then transfer to a bowl filled with ice water to stop them from cooking more.
3. To make the crispy onion topping, start by heating olive oil in a large fry pan over medium-high heat until hot.
4. Add the thinly sliced onions and cook, stirring occasionally, for 5-8 minutes or until they are tender and starting to brown. Remove the onions and place into a medium mixing bowl and set aside.
5. In the same pan you used to cook the onions, add the almond meal. Cook, stirring very frequently, for 3-5 minutes, or until the almond meal is starts to turn lightly golden. Careful not to burn.
6. Remove from heat and transfer the toasted almond meal to the bowl with the onions. Stir in the 1/4 cup shredded parmesan cheese and sea salt, and then toss the mixture until combined. Set aside.
7. In the same pan, heat a little more olive oil until hot and add the mushrooms and cook for 4-5 minutes, or until they are tender, stirring occasionally.
8. Add the minced garlic and cook for an additional minute until fragrant, stirring frequently.
9. Sprinkle the chickpea flour over the mushrooms and stir to combine. Optional add a splash of red wine
10. Slowly add the low sodium chicken broth, whisking to combine until smooth.
11. Whisk in the almond milk and bring the mixture to a simmer. Let cook for 2-3 minutes, or until thickened.
12. Stir in the remaining 1/3 cup parmesan cheese, sea salt, and pepper until the cheese is melted.
13. Transfer the cooked, chilled green beans into the pan with the mushroom sauce and toss until combined.
14. Pour the green bean mixture into the prepared baking dish and then top with the crispy onion topping evenly over the top.
15. Place in the oven, uncovered, and bake for 25-30 minutes, until the top is golden brown.

Nutrition Facts

Healthy Green Bean Casserole		
Amount Per Serving (1 cup)		
Calories 221Calories from Fat 118		
% Daily Value*		
Fat	13.1g	20%
Saturated Fat	2.6g	13%
Cholesterol	7.5mg	3%
Sodium	428.6mg	18%
Carbohydrates	18.3g	6%
Fiber	6.4g	26%
Sugar	7.1g	8%
Protein	10.9g	22%

* Percent Daily Values are based on a 2000 calorie diet.