



AITKIN FARMERS' MARKET

Seasonal Recipes

Healthy Makeover: Green Bean Casserole



FEATURING FROM MARKET

WITH GREEN BEANS



SERVINGS



PREP TIME



TOTAL TIME

INGREDIENTS

Nonstick olive oil cooking spray
1.5 lbs. green beans
1 large onion
5 Tbsp. all-purpose flour
1 Tbsp. butter
1 large shallot
1 container sliced cremini or white mushrooms
1/2 cup reduced-sodium chicken broth
1/2 cup low-fat milk
Salt
Pepper



DIRECTIONS

1. Preheat the oven to 425 degrees Fahrenheit. Line a large baking sheet with foil and grease with the nonstick spray.
2. Toss the onion with 2 Tbsp. flour and 1/8 tsp. salt in a bowl. Layout the onions on the baking sheet in one layer and spray with the cooking spray. Bake for 14 minutes, toss to flip the onions and spray again. Bake them for additional 15 minutes or until crispy.
3. At the same time, bring three quarts of water to a boil on high. Add the green beans and cook uncovered for about five minutes. Drain them and rinse under cold water.
4. In a separate saucepan, melt the butter over medium heat. Add the shallot and cook for two minutes while stirring. Next, add the mushrooms and cook for seven to eight minutes, stirring frequently.
5. Stir in 1/2 tsp. salt, 1/4 tsp. black pepper, and three Tbsp. flour and cook for one minutes. Pour in the broth and milk, raise the heat to boil on high, and stir. Finally, reduce the heat to low and cook for two minutes. Add the green beans and transfer the whole mixture to a 2-quart baking dish.
6. Place it in the oven to bake for 15 minutes. Stir and top with the fried onions, then bake for an additional five minutes.