



HEALTHIER, FRESHER GREEN BEAN CASSEROLE

Cook Time: 15 minutes | Yield: four 1 cup servings

INGREDIENTS:

12 oz. French Green Beans	2 Tbsp. heavy cream
2 Tbsp. canola oil	½ tsp. black pepper
3 cups sliced fresh mushrooms	3/8 tsp. kosher salt
½ cup sliced shallot	½ cup panko
1 Tbsp. all-purpose flour	3 Tbsp. grated Parmesan cheese
1 cup unsalted chicken stock	cooking spray

INSTRUCTIONS:

1. Trim and blanch the green beans; place in an 11x7 inch baking dish.
2. Heat canola oil in a large skillet over medium-high heat.
3. Add the mushrooms, shallots; cook until browned, 6-8 minutes.
4. Add the flour, stirring constantly for 1 minute.
5. Add the chicken stock, heavy cream, black pepper and kosher salt; cook, stirring, until thick and smooth, 1-3 minutes.
6. Spoon over the green beans; sprinkle with panko and Parmesan cheese.
7. Spray with cooking spray; broil until golden brown, 1-2 minutes.
8. Serve and enjoy!

NUTRITION INFORMATION PER SERVING:

171 Calories | 11g Fat | 254mg Sodium | 4g Fiber | 6g Protein