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Prevent and Protect  
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## **HOME-STYLE GREEN BEAN CASSEROLE**

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Makes 8 servings

1 ½ lb fresh green beans, trimmed  
2 Tablespoons butter  
¼ cup all-purpose flour  
1 ½ cups 2% reduced-fat milk  
½ cup nonfat buttermilk  
1 Tablespoon Ranch dressing mix  
2 teaspoons chopped fresh thyme  
¼ teaspoon salt  
¼ teaspoon pepper  
1 teaspoon butter  
1 8-oz package sliced fresh mushrooms  
Vegetable cooking spray  
1 cup French fried onions, crushed  
½ cup panko (Japanese breadcrumbs)  
2 plum tomatoes seeded and chopped

- Preheat oven to 350. Cook green beans in boiling salted water to cover in a Dutch oven 4-6 minutes or to desired degree of doneness; drain. Plunge into ice water to stop the cooking process; drain and pat dry.
- Melt 2 tablespoons butter in Dutch oven over medium heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in 1½ cups milk; cook, whisking constantly, 3-4 minutes until sauce is thickened and bubbly. Remove from heat and whisk in buttermilk and next 4 ingredients.
- Melt 1 teaspoon butter in a medium skillet over medium-high heat; add mushrooms, and sauté 6-8 minutes or until lightly browned. Remove from heat; let stand 5 minutes. Gently toss mushrooms and green beans in buttermilk sauce. Place in a 13-x-9 inch pan or 3-qt baking dish coated with cooking spray.
- Combine French fried onions and next 2 ingredients; sprinkle over green bean mixture.
- Bake at 350 degrees for 25-30 minutes or until golden brown and bubbly. Serve immediately.