



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

HOME-STYLE GREEN BEAN CASSEROLE

Southern Living – November 2011

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.