



**Green Bean Casserole**

**6 SERVINGS**

Nutrition Facts per Serving:

Calories: 155 Protein (g): 13

Fat (g): 12.5 Carbohydrate (g): 24

# Ingredients:

Nonstick cooking spray, for greasing

5 cups sliced green beans

4 1/4 cups low-sodium chicken broth

1 cup panko breadcrumbs

1 cup grated Parmesan

1 tablespoon plus 2 teaspoons canola oil

1 1/2 cups diced onions

2 cups sliced baby bella mushrooms

2 tablespoons cornstarch

1/2 cup reduced-fat sour cream

1/2 teaspoon House Seasoning, recipe follows

1/2 teaspoon salt

House Seasoning

½ tsp kosher salt

½ tsp garlic powder

½ tsp cup black pepper

**Instructions:**

1. Preheat the oven to 350 degrees. Spray a [baking dish](http://www.foodterms.com/encyclopedia/cookware-and-bakeware-materials/index.html) with nonstick spray.
2. Boil the green beans in broth for 20 minutes, then drain, reserving 1 1/2 cups of broth.
3. Meanwhile, mix together the breadcrumbs, [Parmesan](http://www.foodterms.com/encyclopedia/parmesan/index.html) and 2 teaspoons of the oil in a small bowl. Set aside.
4. Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Saute the [onions](http://www.foodterms.com/encyclopedia/onion/index.html) until translucent, 2 to 3 minutes, and then add the mushrooms and continue to cook for 3 to 4 minutes longer. Remove from the heat.
5. Pour reserved [chicken broth](http://www.foodterms.com/encyclopedia/broth/index.html) back into the pot the green beans were boiled in and bring to a boil. Add the green beans to the skillet with [mushrooms](http://www.foodterms.com/encyclopedia/mushroom/index.html) and onions.
6. While that is coming to a boil, combine the cornstarch and 1/4 cup water in a small bowl to make a slurry. Slowly pour the [slurry](http://www.foodterms.com/encyclopedia/slurry/index.html) into the boiling broth, whisking constantly as it thickens, about 2 minutes. Pour the thickened mixture over the [green beans](http://www.foodterms.com/encyclopedia/green-bean/index.html) and add the [sour cream](http://www.foodterms.com/encyclopedia/sour-cream/index.html), House Seasoning and salt. Stir well.
7. Pour into the baking dish and sprinkle with the panko and cheese mixture. Bake until the [casserole](http://www.foodterms.com/encyclopedia/casserole/index.html) is hot, about 10 minutes, and then broil until the breadcrumb topping is slightly browned, 1 to 2 minutes.