



**Make a healthy
Green Bean Casserole
with this easy recipe!**



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Ingredients

- 1 pound regular or fresh green beans
- 2 slices (1 oz) slices of whole wheat bread
- ¼ cup chopped fresh parsley
- 3 tablespoons olive oil, divided
- ½ teaspoon chopped fresh garlic
- 1 ½ oz parmesan cheese (about 6 tablespoons) grated and divided
- ½ cup chopped yellow onion
- 4 oz white mushrooms, sliced
- 1 ½ tablespoons all-purpose flour
- ½ cup unsalted chicken stock
- ½ cup 2% reduced-fat milk
- 2 tablespoons dry sherry
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ⅛ teaspoon ground nutmeg



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Directions

- Preheat broiler to high
- Steam beans for 3 minutes or until crisp/tender and then put beans into ice water. Drain well.
- Place bread in food processor & pulse until coarse crumbs form. Stir in parsley, 1 tablespoon oil, garlic, 2 tablespoons cheese
- Heat remaining 2 tablespoons oil in a 10 inch cast iron skillet over medium. Add onion and mushrooms, cook 8 minutes. Stir in flour, cook 1 minute. Stir in stock, milk, sherry. Bring to a simmer, cook 3 minutes. Remove pan from heat, stir in remaining 4 tablespoons cheese, salt, pepper, nutmeg. Add beans to pan, toss to coat. Sprinkle evenly with breadcrumb mixture. Broil 2 minutes.

Nutrition Facts

| | Per Serving |
|----------------------|-------------|
| Calories | 124 |
| Total Fat | 7.1g |
| Saturated Fat | 1.6g |
| Mono Fat | 4.2g |
| Poly Fat | 1g |
| Cholesterol | 4mg |
| Sodium | 241mg |



| | Per Serving |
|----------------------|-------------|
| Carbohydrates | 11g |
| Sugars | 4g |
| Protein | 6.0g |
| Fiber | 2g |