

GUILTLESS GREEN BEAN CASSEROLE

SERVE: 10

TOTAL TIME: 65 MIN

INGREDIENTS

- 1 1/2 pound fresh, trimmed green beans
- 2 tbsp margarine
- 3 tbsp all-purpose flour
- 1 tbsp dry ranch-style dressing mix
- 1/4 tsp pepper
- 1 1/2 cup skim milk
- 1/2 cup chopped onion
- 2 cloves minced garlic
- 1 1/2 cup sliced mushrooms
- 1 cup soft whole wheat bread crumbs



DIRECTIONS

1. Preheat oven to 375 degrees F. In a covered saucepan, cook green beans in a small amount of boiling water for 8-10 minutes or until crisp-tender; drain and set aside.
2. Meanwhile, for white sauce, in a medium saucepan over medium heat, melt butter. Stir in flour, dry dressing mix, and pepper until combined. Stir in milk. Cook and stir until thickened and bubbly; remove from heat.
3. Coat a nonstick skillet with cooking spray. Preheat over medium heat. Add onion and garlic; cook 2-3 minutes or until tender. Remove half of the onion mixture; set aside.
4. Add mushrooms to skillet and cook about 5 minutes or until tender.
5. In a 1-1/2 qt. casserole, combine mushrooms, green beans, and white sauce. In a small bowl, stir together reserved onion mixture and bread crumbs. Sprinkle bread crumb mixture over green bean mixture in casserole.
6. Bake, uncovered, for 25 to 30 minutes, or until heated through.