

Sarahs Green Bean Casserole

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 30 minutes

Makes: 8 Servings

This is a healthier version of my mom's green bean casserole recipe. My version has more vegetables and almost half the sodium per portion. The secret ingredient is the onion powder mixed with the cracker crumb topping. It tastes a lot like the fried onions in my mom's recipe. I knew the result was good when my husband said he liked it better than the original. Enjoy! - Sarah, MyPlate Nutritionist

Ingredients

- 4 cups** fresh green beans (trimmed)
- 1 cup** onion (diced)
- 2 cups** mushrooms (diced)
- 1 1/2 tablespoons** butter
- 2 tablespoons** flour
- 1 cup** skim milk
- 1 tablespoon** Worcestershire sauce
- 1/8 teaspoon** black pepper
- 1/8 teaspoon** garlic powder
- 3/4 teaspoon** salt
- 16** low sodium whole wheat crackers
- 1 teaspoon** olive oil
- 1/2 teaspoon** onion powder

Directions

1. Blanch the green beans in boiling water for about 3 minutes for crisper beans, longer for a softer texture. Then



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	117	
Total Fat	4 g	6%
Protein	4 g	
Carbohydrates	17 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	2 g	10%
Sodium	274 mg	11%

MyPlate Food Groups

Vegetables	1 cup
Grains	1/2 ounce
Dairy	1/4 cup

plunge in ice water. Drain and set aside.

2. Place diced onions and mushrooms in a microwaveable bowl and microwave for about 1.5 minutes on high to soften. Set aside.

3. Melt the butter over medium heat. Once heated, stir in flour with a whisk and cook for about 2 minutes (continuously whisking).

4. Whisk in the milk and cook over low heat until you have a thick white sauce.

5. Stir in Worcestershire sauce, garlic powder, black pepper, and salt.

6. Stir the drained green beans, onions, and mushrooms into the white sauce.

7. Pour into a casserole dish sprayed with nonstick spray.

8. Crush the crackers and toss cracker crumbs with olive oil and onion powder. Sprinkle over the top of the casserole.

9. Bake at 350°F for about 30 minutes or until crackers are golden brown.