



Low Fat Green Bean Casserole

Serves 6

Onion topping:

- 1 teaspoon canola oil
- 1 large onion, thinly sliced
- 1/2 cup fresh breadcrumbs

Sauce & green beans:

- 2 cups skim milk
- 1 tsp black peppercorns
- Pinch grated nutmeg
- 1/2 teaspoon canola oil
- 1 small onion, finely chopped
- 3 cups fresh mushrooms, sliced thin
- 1 clove garlic, finely chopped
- 1/4 cup all-purpose flour
- 1/4 cup fat free sour cream
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 9-ounce package frozen French-style green beans

1. Heat oil in a large nonstick skillet over low heat. Add sliced onion and cook, stirring occasionally, until very tender and golden, about 30 minutes. Set aside.
2. Preheat oven to 350 degrees. Spread breadcrumbs on a baking sheet and toast, stirring once, until lightly browned, 5 to 10 minutes. Set aside.
3. To make sauce: Combine milk, peppercorns, and nutmeg in a medium saucepan and heat over low until steaming. Remove from heat, let stand for 5 minutes and strain into a measuring cup, discarding peppercorns.
4. Heat oil in a large saucepan over medium heat. Add chopped onion and cook, stirring often, until golden, 3 to 4 minutes. Add mushrooms and garlic and cook, stirring, until tender, 3 to 4 minutes. Sprinkle flour over the vegetables and cook, stirring, for 1 minute. Slowly pour in the milk, whisking constantly. Bring to a boil, stirring. Reduce heat to low and cook, stirring, until thickened, about 1 minute. Remove from heat. Whisk in sour cream, salt and pepper.
5. Preheat oven to 425 degrees F. Spread green beans evenly over the bottom of a shallow 2-quart baking dish and pour the sauce over the top. Toss together the reserved onions and breadcrumbs in a small bowl and spread over the beans. Bake until bubbling, 15 to 25 minutes.

Nutritional Analysis

Serving Size: 1/6 recipe

Calories	208
Total Fat	2g
Saturated Fat	0g
Cholesterol	5mg
Sodium	310mg
Carbohydrates	24g
Dietary Fiber	3g
Protein	7g

Diabetic Exchanges:

Protein	1
Carbohydrates	2.5
Fat	.5