

Green Bean Casserole

Ingredients:

- 2 tbsp extra virgin olive oil
- 1 medium onion, chopped
- 8 oz cremini or white button mushrooms, roughly chopped
- 4 cloves garlic, minced
- ½ tsp kosher salt
- ½ tsp ground black pepper
- 1 ½ cups low-sodium vegetable broth
- 1 tbsp reduced-sodium soy sauce
- 2 tbsp cornstarch
- ¼ cup water
- 1 lb. green beans, fresh, rinsed, trimmed, and cut in half (or can use frozen)
- 1 ½ cups puffed rice cereal
- 1 tbsp nutritional yeast
- 1 tsp onion powder
- ½ cup crispy onions (optional)



Servings: 8

Instructions:

1. Preheat oven to 350 degrees F.
2. Mix puffed rice cereal with nutritional yeast and onion powder. Stir to combine. Set aside.
3. Heat oil in a large skillet. Add onion and mushroom and saute for 5 minutes until the mushrooms have reduced in size and the onions have softened.
4. Add the garlic, salt, and pepper and stir to combine. Cook 1 minute until fragrant.
5. Slowly add the vegetable broth & soy sauce to the skillet, stir to combine, reduce heat to low, & bring to simmer.
6. In a small bowl, whisk together the cornstarch and water, add to skillet, and stir to combine.
7. Continue to simmer for 2-4 minutes until the gravy thickens. Remove the skillet from the heat.
8. Add the green beans and puffed rice mixture. Stir to combine.
9. Transfer the mixture to a 2-quart baking dish. Bake for 25 minutes.
10. Remove from the oven and top with crispy onions.
11. Continue to bake for 10 minutes until the top has browned slightly.
12. Let cool 10 minutes before serving.

For more information contact The Living Whole
Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.

Nutrition Facts

8 servings per container

Serving size 1/2 cup

Amount per serving

Calories **110**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **11%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 2.1mg **10%**

Potassium 280mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.