

A43 Green Bean and Walnut Casserole

Jacob · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

8

Description

Here's a winning recipe for an old time favorite including a crunchy walnut topping. Lower in calories, total fat, saturated fat, and reduced sodium, all without compromising flavor.

Ingredients

- 2 tablespoons vegetable oil spread - 4 ounces mushrooms
- minced - 1 cup chopped onion - 3 tablespoons flour - 1 ½ cups chicken stock - ½ cup fat-free half and half - ¾ teaspoon salt - 1 teaspoon Freshly ground pepper to taste - 1 ½ pounds fresh green beans
- trimmed - ½ cup crushed whole grain seasoned croutons - ½ cup chopped walnuts - 2 tablespoons vegetable or soy spread
- melted - ½ cup minced onion

Instructions

1. Melt spread in a medium saucepan over medium heat. Add mushrooms and onion; cook
2. stirring frequently
3. for 10 minutes. Stir in flour; cook and stir for 5 minutes more. Slowly add stock and bring mixture to a boil; reduce heat and simmer for 10 minutes. Stir in half & half and season with salt and pepper; set aside. Preheat oven to 350 degrees F. Cook beans in boiling water for 5 minutes. Drain well then add to mushroom sauce; toss to coat with mixture. Transfer to an 11 x 7-inch baking dish. Stir together all topping ingredients until well blended and sprinkle around the edge of the beans. Bake for 20 minutes or until golden brown on top.