

Healthy Green Bean Casserole

From – *delish.com*

8 cups green beans, trimmed and cut into 1- to 2-inch pieces
2 Tbsp extra-virgin olive oil, divided
1 medium onion, thinly sliced
3 Tbsp all-purpose flour
 $\frac{3}{4}$ tsp salt
 $\frac{1}{4}$ tsp white or black pepper
2 $\frac{1}{2}$ cup low-fat milk
1 $\frac{1}{2}$ cup fresh whole-wheat breadcrumbs
 $\frac{1}{2}$ cup shredded or crumbled cheese (optional)
1 Tbsp fresh herbs-thyme, basil, parsley or sage (optional)

- Position racks in upper and lower third of oven; preheat to 425.
- Toss green beans in a large bowl with 1 Tbsp oil until well coated. Divide between 2 baking sheets and spread in an even layer. Roast, stirring once and rotating the pans top to bottom about halfway through, until tender and beginning to brown, 20 to 25 minutes.
- Meanwhile, heat 1 Tbsp oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until very soft and golden brown, 5 to 8 minutes.
- Add flour, salt, and pepper; cook, stirring, for 1 minute more.
- Add milk and continue to stir, scraping up any browned bits. Cook, stirring, until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from the heat. If using optional fresh herbs and cheese add now.
- When the green beans are done, remove from the oven. Preheat the broiler.
- Transfer half the green beans to a 2-quart, broiler-safe baking dish. Spread half the sauce over the green beans. Add the remaining green beans and top with the remaining sauce.
- Combine breadcrumbs and the remaining 1 Tbsp oil in a small bowl.
- Sprinkle the breadcrumb mixture over the gratin. Place under the broiler and broil, watching closely, until the gratin is bubbling and beginning to brown on top, 1 to 5 minutes, depending on your broiler. Let stand for 10 minutes before serving.



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