

Green Bean Casserole

Makes: 8 servings

Ingredients

- 4 cups fresh green beans, trimmed (or frozen)
- 1 cup diced onion
- 2 cups diced mushrooms
- 1 tablespoon butter
- 2 tablespoons flour
- 1 cup milk
- 1 tablespoon Worcestershire sauce
- ? teaspoon black pepper
- ? teaspoon garlic powder
- ¾ teaspoon salt
- 16 whole wheat crackers (reduced sodium if available)
- 1 teaspoon olive oil
- ½ teaspoon onion powder



Directions

1. Preheat the oven to 350°F.
2. Blanch the green beans in boiling water for about 4 minutes for crisper beans or longer for a softer texture. Then plunge in ice water. Drain and set aside.
3. Cook diced onions and mushrooms in a skillet until they soften, about 3-5 minutes.
4. In a pot, melt the butter over medium heat. Once melted, stir in flour with a whisk and cook for about 1 minute (continuously whisking).
5. Whisk in the milk and cook over low heat until you have a thick white sauce.

6. Stir in Worcestershire sauce, garlic powder, black pepper, and salt.
7. Stir the drained green beans, onions, and mushrooms into the white sauce.
8. Pour into a lightly greased casserole dish. Crush the crackers and toss crumbs with olive oil and onion powder. Sprinkle over the top of the casserole.
9. Bake for about 30 minutes or until cracker crumb topping is golden brown.

###

USDA is an equal opportunity provider, employer, and lender.