Healthy Green Bean Casserole
Green Bean Casserole
Serves 8

Ingredients:
- 2 pounds fresh green beans, trimmed and cut into bite-sized pieces
- 3 Tablespoons olive oil, divided
- 1 pound Portobello mushrooms, cleaned and diced
- 5 shallots, divided
- 1 clove garlic, minced
- 1 cup low-sodium vegetable broth
- Salt and pepper, to taste
- ½ pound button mushrooms

Directions: Bring a large stockpot full of water to a boil. Add the green beans and boil for 5-7 minutes. Drain the green beans and set aside. In a saucepan over medium heat, warm 1 tablespoon of olive oil and sauté the diced Portobello mushrooms for 2 minutes. Mince one of the shallots and add this to the pan with the garlic. Sauté an additional minute. Add vegetable broth, salt and pepper, and simmer over low heat until mushrooms are soft. Once softened, place mixture in a blender and purée until smooth. Set aside.

Preheat oven to 375 degrees. Slice tops and bottoms off of the remaining shallots; peel them and cut into 1/4-inch slices. Toss in one tablespoon of olive oil, salt and pepper. Roast in oven at 375 degrees until soft and golden. Remove the shallots from the oven, cool, and increase the oven temperature to 425 degrees.

In a separate pan, heat remaining olive oil and sauté button mushrooms until tender. In a bowl, toss together green beans, mushroom purée, and sautéed mushrooms; season with salt and pepper. Once fully mixed, place in a large casserole dish. Take roasted shallots and separate rings; place on top of casserole. Place casserole in oven at 425 degrees to warm through, about 15 minutes.

Nutrition Information
Serving size: 1 cup
Calories 117; Fat 5.9 g (Sat 0.87g); Protein 4.7g; Sodium 27.4mg; Fiber 5.2g; Carbohydrate 15.6g