



# Holiday Recipe



## Healthier Green Bean Casserole

### Ingredients:

- 2 ½ pounds of green beans cut into 1 inch pieces (about 8 cups)
- 2 Tablespoons extra virgin olive oil
- 1 medium onion sliced thin
- 3 Tablespoons all-purpose flour
- ½ teaspoon sea salt
- 2 ½ cups low fat milk
- 1 ½ cup whole wheat bread crumbs

### Directions:

1. Preheat oven to 425.
2. Toss green beans in bowl with 1 tablespoon olive oil and divide into two baking sheets. Roast for 20-25 minutes until tender
3. Heat 1 tablespoon of oil in saucepan over medium heat. Add onions and cook until soft. Add flour and salt. Add milk and keep stirring until sauce is thick (about 4 minutes)
4. Once green beans are done being roasted. Pre heat oven to broil.
5. Transfer half green beans to baking sheet then cover with half the sauce. Layer other half of green beans and cover with the rest of the sauce.
6. Combine breadcrumbs and remaining oil into a small bowl and sprinkle over green beans.
7. Place green beans in the oven on broil for 1-4 minutes, watch until breadcrumbs become brown at the top. Let sit for 10 minutes

Enjoy!