

# HEALTHY GREEN BEAN CASSEROLE

Preparation: **15** minutes | Cooking: **35** minutes | Servings: **10**

## INGREDIENTS

*1 medium onion*  
*2 1/2 pounds green beans*  
*2 cups 2% milk*  
*1/2 cup whole wheat panko breadcrumbs*  
*1/4 cup freshly grated parmesan*  
*7 ounces 2% Greek yogurt*  
*8 ounces baby bella (cremini) mushrooms*  
*4 tablespoons extra virgin olive oil*  
*3 tablespoons all purpose flour*  
*2 tablespoons chopped fresh parsley*  
*1 teaspoon kosher salt*  
*1/2 teaspoon black pepper*  
*1/8 teaspoon ground nutmeg*



## INSTRUCTIONS

Preheat oven to broil, and position rack in upper third of your oven. Lightly coat 2-quart, broiler-safe baking dish with nonstick spray. Mix together panko, parmesan, parsley and 2 tablespoons olive oil; set aside. Blanch the green beans until crisp-tender, about 3 minutes, and lightly pat dry. Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and mushrooms. Stir frequently until the onion is soft and golden and the mushrooms are brown, about 15 minutes. Add remaining 1 tablespoon olive oil, and sprinkle flour over the top. Stir until the flour turns golden and no white bits remain. Slowly add milk, stirring in between to prevent lumps from forming. Increase heat to medium-high, and stir in salt, pepper and nutmeg. Allow sauce to bubble, and continue stirring until sauce becomes creamy, 8-10 minutes. Remove from heat and stir in Greek yogurt. Transfer half green beans to baking dish, spread half the sauce over the green beans, add remaining green beans and top with remaining sauce. Sprinkle with breadcrumbs, and broil 1-3 minutes. Let sit 10 minutes before serving.