

GREEN BEAN CASSEROLE

INGREDIENTS

- 2 pounds fresh or frozen green beans
- 2 tablespoons unsalted butter
- 2 tablespoons flour
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- ½ teaspoon freshly cracked black pepper
- ¼ teaspoon ground nutmeg
- 1 teaspoon Dijon mustard
- 1 cup vegetable or chicken stock
- 2 cups half and half
- 1½ cups French fried onions

DIRECTIONS

1. Preheat oven to 375°F with a rack in the center position.
2. Bring a large pot of salted water to boil over high heat. Prepare a large bowl of ice water.
3. Once the water is boiling, add the green beans and cook until almost tender (about 5 minutes for fresh or 3 minutes for frozen). Drain green beans and transfer them to the ice bath for 2 minutes. Drain green beans, pat them dry, and add them to a 9x13" baking dish.
4. Melt the butter in a large saucepan over medium-high heat. Whisk in the flour, onion powder, garlic powder, salt, pepper, nutmeg, and Dijon mustard. Cook, whisking occasionally, until fragrant for about 2 minutes.
5. Slowly whisk in the stock until smooth. Slowly whisk in the half and half, then bring the mixture to a simmer over medium heat. Cook until thickened, stirring occasionally for about 5 minutes. Pour over the green beans and toss to coat.
6. Bake until sauce starts to bubble for about 20 minutes. Remove from the oven, toss the green beans, and sprinkle with fried onions. Return to the oven until golden brown for about 10 minutes.

NUTRITION INFORMATION

Calories: 176 | Protein: 4g | Carbohydrates: 14g | Total Fat: 12g | Fiber: 3g | Cholesterol: 23mg | Sodium: 178mg | Total Sugars: 5g