Dinner, American

Creamy Mushroom Green Bean Casserole

Tender green beans and sliced mushrooms come together in a smooth, cheesy sauce, all baked under a crunchy corn flake topping.



Vegetarian | Nut free

40 min	130	15 g	4 g
time	calories	carbs	sugars

Ingredients, 7 servings

- [ ] 1 nonstick cooking spray
- [ ] 4 light creamy swiss cheese wedges
- [ ] 1 tbsp canola oil
- [ ] 1/2 onion(s) (finely diced)
- [ ] 1 tsp margarine
- [ ] 8 oz white (button) mushrooms (sliced)
- [ ] 1/8 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1/2 cup low sodium vegetable broth
- [ ] 2 tsp cornstarch
- [ ] 2 tsp cold water
- [ ] 1/4 cup 1% milk
- [ ] 2 (14.5-oz) cans no-salt-added canned cut green beans (drained)
- [ ] 1 cup corn flakes (crushed)
- [ ] 1 2/3 tbsp margarine (melted)

Nutrition Facts

Per serving

Calories	130
Total fat	6 g
Saturated fat	1 g
Sodium	240 mg
Total carbs	15 g
Fiber	3 g
Total sugars	4 g
Protein	4 g

Method

- [ ] 1 Preheat the oven to 400 degrees and coat a 1.5 quart baking dish with nonstick cooking spray.
- [ ] 2 Microwave the light creamy swiss cheese wedges for 30 seconds, stir, and set aside.
- [ ] 3 Heat the canola oil in a large saute pan over medium heat, add the finely diced onion, and saute for 2 to 3 minutes.
- [ ] 4 Add the 1 tsp margarine to the pan and let it melt, then add the sliced white button mushrooms, salt, and black pepper and cook for 4 to 5 minutes. Pour in the low sodium vegetable broth and simmer for 1 minute.
- [ ] 5 Stir the cornstarch and cold water together in a small bowl, add the mixture to the pan, and stir for 1 minute.
- [ ] 6 Mix in the melted cheese wedges, pour in the 1% milk, stir to combine, and cook for 2 to 3 minutes more until thick.
- [ ] 7 Take the pan off the heat and stir in the drained no salt added canned cut green beans, then transfer everything to the prepared baking dish.
- [ ] 8 Toss the crushed corn flakes with the 1 2/3 tbsp melted margarine in a small bowl, spread the mixture over the green beans, and bake for 15 to 20 minutes.

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