



# SkinSpirit

## REBALANCE

### The Skinny Green Bean Casserole

#### Ingredients

3 to 4 medium shallots, in their skins  
1 1/2 teaspoons Kosher salt  
1 pound fresh green beans, stemmed, and halved crosswise  
1 tablespoon extra-virgin olive oil  
8 ounces cremini mushrooms, sliced (about 4 cups)  
2 tablespoons unsalted butter  
3 tablespoons all-purpose flour  
1 1/2 cups mushroom, vegetable or chicken broth  
3 teaspoons fresh thyme leaves  
Freshly ground black pepper  
Vegetable cooking spray  
1 cup fresh bread crumbs

#### Directions

Preheat the oven to 400 degrees. Put the shallots (in their skins) on a small baking dish, roast until soft, about 30 minutes. When cool enough to handle, skin and coarsely chop the shallots. Set aside.

Bring a medium-large saucepan of water to a boil over high heat. Add kosher salt, to taste. Add the green beans, and cook, uncovered, until crisp-tender and bright green, about 3 minutes. Drain the beans in a colander and rinse with cold water. Transfer the beans to a large bowl.

In the same saucepan, heat the oil over medium heat. Add the mushrooms, season with 1 teaspoon salt, cook, stirring occasionally, until browned, about 7 minutes. Add the mushrooms to the beans.

Melt the butter in a small saucepan over medium heat. Add the flour and cook, stirring with a wooden spoon, until golden, about 2 minutes. Slowly whisk in the broth, increase the heat to high, and bring to a boil. Add the shallots, 1 teaspoon of thyme, and remaining 1/2 teaspoon of salt. Reduce the heat to maintain a simmer and cook until thickened, stirring occasionally, about 5 minutes. Pour the sauce over the vegetables and stir to combine evenly.

Spray a 2-quart baking dish with vegetable cooking spray. Transfer the vegetable mixture to the pan. Add the remaining 2 teaspoons of thyme to bread crumbs and scatter over the vegetables. Bake uncovered until the sauce bubbles and the crumbs brown, about 20 minutes.

#### Nutrition Information:

Per serving - 187 calories; 7.5 g fat; 26 g carbohydrates; 6 g protein

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