

# Lightened Up Fresh Green Bean Casserole

Yield: 5 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-dinner-green-bean-recipe>

## Ingredients:

- 2 pounds green beans fresh trimmed, snapped in half
- 1 tablespoon olive oil
- 1 sweet onion large, very thinly sliced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons unsalted butter
- 16 ounces cremini mushrooms chopped
- 3 garlic cloves minced or pressed
- 2 tablespoons flour
- 1 1/4 cups low sodium chicken stock
- 1 cup half-and-half low-fat
- 1/4 teaspoon grated nutmeg freshly
- 2 tablespoons parmigiano reggiano cheese freshly grated
- 1/2 cup panko bread crumbs whole wheat
- 1/4 teaspoon thyme
- 1/4 teaspoon oregano

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 30 milligrams
4. Fat: 15 grams
5. Fiber: 7 grams
6. Protein: 11 grams
7. SaturatedFat: 7 grams
8. Sodium: 580 milligrams
9. Sugar: 11 grams

Thank you for visiting our website. Hope you enjoy Lightened Up Fresh Green Bean Casserole above. You can see more 15+ thanksgiving dinner green bean recipe Get cooking and enjoy! to get more great cooking ideas.