

GREEN BEAN CASSEROLE

NUTRITION FACTS

Serving Size: 1/4 of the recipe

Calories: 226 | Carbohydrates: 27g | Protein: 9g | Total Fat: 12g | Saturated Fat: 2g | Sodium: 336mg | Fiber: 8g

INGREDIENTS

- 2 Tbsps Extra virgin olive oil (divided)
- 1 1/2 cups Fresh shallot (thinly sliced)
- 1/2 head Cauliflower (chopped into florets)
- 5 cups Green beans (trimmed and halved)
- 2 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 1 1/2 cups Water
- 1/2 tsp Sea salt
- 1/4 cup Slivered almonds (toasted)

DIRECTIONS

1. Add half of the olive oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning until caramelized or preferred consistency. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
2. While the onions cook, steam the cauliflower florets in a steaming basket until softened and easily pierced with a fork. Transfer to a blender or food processor and set aside.
3. Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
4. Heat the remaining olive oil in a skillet over medium-low heat. Sauté mushrooms for 5 minutes or until softened, then add in the garlic. Sauté for another minute and remove from heat. Spread half of this mushroom mixture over the green beans in the casserole dish. Add the remaining half to the blender with the steamed cauliflower.
5. Preheat the oven to 350°F (177°C). Add water and salt to the blender. Blend until very smooth.
6. Pour desired amount of creamy vegetable sauce into the casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
7. Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to four days.





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