



CREAMY GREEN BEAN CASSEROLE

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

This rich, comforting green bean casserole is a fresh twist on a classic favorite. Tender green beans are coated in a creamy garlic and mushroom sauce, gently thickened for the perfect consistency, and finished with a crunchy topping of toasted slivered almonds. Elegant enough for special occasions yet simple enough for a maintenance-friendly meal, this casserole serves 3 but can easily be doubled or tripled for larger gatherings.

Makes 3 servings.



INGREDIENTS

3 cups frozen green beans, thawed
1/2 cup onion, chopped
4 cloves of garlic, minced
2 Tbsp. Kerry Gold butter
1/4 cup organic heavy cream



1/2 cup chicken stock
1/2 cup mushrooms, chopped
1/2 tsp xanthan gum
1/2 tsp pink Himalayan salt
1/2 tsp black pepper
1/4 cup slivered almonds - toasted on the stovetop in a small pan on medium heat until golden, or in the oven in a small pan for 5-10 minutes at 350F. Watch carefully.

DIRECTIONS

Preheat oven to 350F. Cook green beans in microwave (5 min) or in a pan 5-10 minutes. Should be somewhat tender.

Heat a medium saucepan over medium heat. Add butter and melt. Add onion, mushroom and garlic, until cooked down.

Add cream and chicken stock and bring to a boil. Turn down heat to simmer 10-15 minutes. Turn off heat and lightly sprinkle xanthan gum evenly over sauce and stir until thickened. Add green beans and mix to coat.

Place beans into an oven-proof pan (pie plate, foil pan, casserole dish) and bake for 10 minutes.

Top with toasted almonds.