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METABOLIC NUTRITION PROGRAM

Healthy Green Bean Casserole – 8 Servings

Adapted from Kree at <http://www.food.com>

Per Serving: 81 Calories, 2.1 gm Protein,
3.8 gm Fat, 11.7 gm Carbohydrates

- 2 tbsp canola oil, plus more for frying leeks
- 2 tbsp all purpose flour
- 1 (15 ounce) can mushroom broth
- 1 ½ lbs frozen French-cut green beans
- 1 cup sliced fresh mushrooms
- ½ cup frozen pearl onions
- 1 medium leeks, cleaned and thinly sliced (white part and some of the green)
- Salt and pepper

Directions

1. Thaw the frozen green beans and pearl onions.
2. Preheat oven to 350 degrees.
3. In a small saucepan, heat the 2 tablespoons of canola oil over medium heat. Sprinkle in the flour and stir constantly to form a paste
4. Once a paste forms, slowly pour in the mushroom broth while whisking constantly to prevent lumps. Continue cooking until broth is thick.
5. Meanwhile, layer green beans, mushroom, and pearl onions in a casserole dish.
6. Pour the thickened sauce over the vegetables and bake for 25 minutes.
7. While casserole is baking, place just enough canola oil to cover the bottom of the small saucepan. When oil is heated, carefully place leeks in pan and allow to slowly crisp. Cook until the leeks have stopped making noise. Remove from oil and drain on paper towels.
8. Remove casserole from the oven, stir it, and top with the crispy leeks. Return it to the oven and bake for another 5 minutes. Divide into 8 equal servings.

Nutrition Facts	
Serving Size (183g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 2g	
Vitamin A 15%	Vitamin C 15%
Calcium 6%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	