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.