

Healthy Green Bean Casserole

Ingredients:

- 2 1/2 lb green beans, trimmed and cut into 1- to 2-inch pieces (about 8 cups)
- 2-3 tbsp extra-virgin olive oil, divided
- 1 medium onion, thinly sliced
- 3 tbsp all-purpose flour
- 3/4 tsp salt
- 1/4 tsp white or black pepper
- 2 1/2 cups low-fat milk
- 1 1/2 cups fresh whole-wheat breadcrumbs or 1/2 cup shredded or crumbled cheese

View the full recipe at [**eatingwell.com**](https://www.eatingwell.com)



Cook time
40 minutes

Servings
8

Calories
188

Protein
8g