

## Green Bean Casserole with Crispy Shallots

*From Ellie Krieger*

### Ingredients

¼ c. olive oil  
6 medium shallots, sliced into rings (about 1 c.)  
1 ½ pound thin fresh string beans, trimmed  
1 pound button mushrooms, sliced  
6 large cloves garlic, minced  
1 Tbsp chopped fresh thyme  
3 c. low-fat (1%) milk  
3 Tbsp all-purpose flour  
1/3 c. plus 2 Tbsp freshly grated parmesan cheese  
½ c. finely chopped fresh parsley  
¼ tsp ground nutmeg  
Salt & freshly ground pepper  
Olive oil & cooking spray



### Directions

1. Preheat oven to 375. Heat olive oil in a small skillet over med-high heat until very hot, but not smoking. Add ¼ c. shallots and cook, stirring, until golden brown and crisp, about 2 min. Transfer with a slotted spoon to paper towels to drain. Repeat with the remaining shallots, cooking ¼ c. at a time. Reserve the oil in the skillet.
2. Place the green beans in a steamer basket fitted over a pot of boiling water. Cover and steam until bright green and still crisp, about 3 min.
3. Heat 1 Tbsp of the reserved shallot oil in a large, deep nonstick skillet over med-high heat. Add the mushrooms and cook, stirring occasionally, until the mushroom liquid is evaporated and they begin to brown, about 12 min. Add the garlic and thyme and cook, stirring, 1 min. Transfer the mushroom mixture to a bowl.
4. Whisk together the milk and flour until the flour is dissolved. Add the mixture to the skillet and, whisking constantly, bring to a simmer. Reduce the heat to med-low, whisking occasionally, until thickened, 10-15 min. Remove the pan from the heat and stir in the green beans, mushrooms, 1/3 c. parmesan cheese, parsley, nutmeg, ¾ tsp salt and ½ tsp pepper.
5. Coat a 2-quart baking dish with cooking spray. Spoon the green bean mixture into the prepared dish and sprinkle the top with the crispy shallots and the remaining cheese. Bake until golden on top and bubbling, about 20 min.