



## Green Bean Casserole

*We took this classic holiday staple and gave it a bariatric twist by excluding as many unnecessary calories as we could.*

### Ingredients:

- 1 bag of fresh green beans
- 1 package of fresh mushrooms
- 1/2 onion
- 1T minced garlic
- 1T soy sauce
- 1/2C chicken stock
- 3/4 almond milk
- 2T almond flour
- 2T water
- Salt & pepper
- Non-stick spray

### Directions:

1. Trim green beans, slice mushrooms and chop onion
2. Bring pot of water to a boil. Blanche green beans 4-5 minutes (Blanching is a cooking process in which a food, usually a vegetable or fruit, is scalded in boiling water, removed after a brief, timed interval, and finally plunged into iced water to halt the cooking process.)
3. Spray pan with non-stick spray. Saute mushrooms and onions
4. add 1T minced garlic, salt and pepper to taste, 1T soy sauce, 1/2C chicken stock, 3/4C almond milk. Simmer for 5 minutes.
5. Make a slurry by stirring 2T almond flour with 2 tablespoons of water. Add to sauce and stir until thickened.
6. Add 1/3 of sauce to dish. Layer on the green beans. Top with remaining sauce.
7. Bake at 375° for 20 minutes.

*"Push yourself. No one else is going to do it for you"*

