

Green Bean Bar

Items Needed: skillet, spatula, serving bowl/plate

Serves: 3 servings- (1 cup of each version)

Ingredients:

Ingredient Base		
<ul style="list-style-type: none"> • 3 cups green beans- fresh or frozen • 1 ½ tsp olive oil or butter • 3 cloves garlic chopped 		
Quick Green Bean Casserole <ul style="list-style-type: none"> • 2 tbsp cream of mushroom soup- healthy preferred • 2 tbsp water • Top with the preferred amount of crispy onion topping 	Green Beans, Toasted Walnut & Blue Cheese <ul style="list-style-type: none"> • 2 tbsp Blue cheese, crumbled • 2 tbsp toasted chopped walnuts 	Green Beans Almondine <ul style="list-style-type: none"> • 2 tbsp toasted almonds • ¼ shallot, thinly sliced • Splash lemon juice (optional)

Directions:

1. In a non-stick skillet add oil over medium heat. Allow to heat up for approximately 30 seconds and add the green beans. Cook for a minute or two and then add garlic. Cook until the green beans are cooked through (al dente) and add inclusions to finish.

Green Bean Bar Toppings:

2. For quick green bean casserole: mix together equal parts mushroom soup and water, warming on stove or in microwave for 1 minute. Place on bar for guests to spoon sauce as well as the crispy onion topping on beans to their liking.
3. For toasted walnut blue cheese green beans: prepare as stated above in step one and add crumbled blue cheese and toasted walnuts to finish.
4. For Green Beans Almondine: saute shallots over medium heat for 1-2 minutes, remove from heat and place on bar; top shallots with sliced almonds and lemon wedges.

Nutrition Information (per 1 cup):

Green Bean Casserole:

Calories: 100 Fat: 4.3 g Carbs: 9.9 g Protein: 2.7 g Fiber: 4.4 g Sodium: 162.7 mg

Green Beans and Cheese:

Calories: 141 Fat: 9.5 g Carbs: 5.5 g Protein: 6.5 g Fiber: 4.5 g Sodium: 180.4 mg

Green Bean Almondine:

Calories: 106 Fat: 4.0 g Carbs: 9.7 g Protein: 4.6 g Fiber: 5.8 g Sodium: 5.2 mg

<https://wexnermedical.osu.edu/nutrition-services>

