Green Bean Bar

**Items Needed:** skillet, spatula, serving bowl/plate

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

**Ingredients:**

<table>
<thead>
<tr>
<th>Ingredient Base</th>
<th>Quick Green Bean Casserole</th>
<th>Green Beans, Toasted Walnut &amp; Blue Cheese</th>
<th>Green Beans Almondine</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 3 cups green beans - fresh or frozen</td>
<td>• 2 tbsp cream of mushroom soup - healthy preferred</td>
<td>• 2 tbsp Blue cheese, crumbled</td>
<td>• 2 tbsp toasted almonds</td>
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<tr>
<td>• 1 ½ tsp olive oil or butter</td>
<td>• 2 tbsp water</td>
<td>• 2 tbsp toasted chopped walnuts</td>
<td>• ¼ shallot, thinly sliced</td>
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<tr>
<td>• 3 cloves garlic chopped</td>
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<td>• Splash lemon juice (optional)</td>
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**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](https://wexnermedical.osu.edu/nutrition-services)