



Garden Fresh Green Bean Casserole

Classical comfort dish that's perfect for any season

Crispy Oven Baked Onions

- 1 very large yellow or savory onion, peeled, halved; thinly sliced
- 2 Tablespoons avocado oil, divided
- 3 Tablespoons all-purpose flour
- 1-1/2 Tablespoons Panko breadcrumbs
- Kosher salt; ground black pepper as desired
- Cooking oil spray as desired

Mushroom Bechamel

- 2 Tablespoons unsalted butter
- 4 ounces fresh maitake mushrooms, chanterelles, porcini, or favorite
- 2 Tablespoons all-purpose flour
- 1 cup vegetable or chicken stock
- 1/4 cup unsweetened almond milk or organic heavy cream
- 1 Tablespoon lite soy sauce
- 1/2 Tablespoon apple cider vinegar
- 1/2 Tablespoon pure maple syrup

Salt as desired

To Assemble

Unsalted butter for baking dish
Generous pinch of baking soda
1-pound fresh young green beans

Make the Onions

- Preheat oven to 350 degrees F. Line baking pan with parchment paper.
- Toss thinly sliced onions in oil to coat.
- In a big bowl, mix flour, breadcrumbs, salt, and pepper. Toss onions in flour mixture to coat with flour mixture.
- Spread onions on baking pan in single layer, spray cooking oil over the onions. Bake for 35 minutes or until golden and crispy brown, stirring every 10 minutes with a spatula. Set aside to cool.

Make the Mushroom Bechamel

- In a large saucepan, melt the butter until foamy; add the mushrooms; sauté the mushrooms until softened and starting to brown.
- Stir flour into the stock; add to the mushrooms; cook over medium heat while stirring and starts to thicken about 5 minutes; stir in almond milk or cream; continue to cook over medium heat until mixture thickens.
- Add the soy sauce, apple cider vinegar and maple syrup. Over medium/low heat, whisk until it thickens to the consistency of thick gravy. Taste and season as desired.

To Assemble:

- Preheat the oven to 350 degrees F. Butter a 10-inch round baking dish
- Bring a large pot of salted water, along with the baking soda to a boil; add the string beans (the baking soda helps keep the green in the beans) Blanch for 2 minutes. Immediately drain and transfer to the prepared casserole dish.
- Stir in the mushroom bechamel and top with the crispy onions.
- Bake in 350-degree F. oven until cooked through and bubbling, about 20 minutes. Serve immediately. Serves 4

Recipe Inspired by: Gesine Bullock-Prado, *My Vermont Table*, Countryman Press, 2023. Recipe: *Green Bean Casserole*.

About the Recipe: One of the most popular recipes around Thanksgiving is the Green Bean Casserole, filled with flavorful creamy mushrooms, slightly crisp string beans, and those crispy onions. By making a few little changes, the recipe becomes a great dish to serve using those garden fresh string beans, smothered with rich creamy sauce with umami-flavored mushrooms and topped with fresh baked crisp onions. Give it a try for that springtime family gathering.