

Healthy Green Bean Casserole

Prep Time 10 mins Cook Time 30 mins Total Time 40 mins

A Healthy Green Bean Casserole made from scratch, without processed ingredients in under 30 minutes! A creamy & flavorful side perfect for the holidays & beyond. Gluten Free + Low Calorie with a dairy free option!

Course: Side Dish

Cuisine: American

Servings: 4 servings

Calories: 100 kcal

Ingredients

- 3 cups green beans fresh
- 1/2 cup nonfat Greek yogurt I used Fage
- 1/4 cup unsweetened coconut milk
- 1/4 cup vegetable broth
- 1/4 cup almond meal
- 1/4 cup tapioca flour
- 1/8 cup grated Parmesan
- 1/2 tsp garlic powder
- salt & pepper

Instructions

1. Preheat the oven to 350 F. Prepare a small square baking dish with cooking spray.
2. Boil the green bean in a pot of water about 15 minutes until tender. Drain the water and transfer the green beans to the baking dish.
3. Bring a skillet to medium heat, then add vegetable broth, Greek yogurt, coconut milk, salt, pepper and garlic powder. Stir constantly 2-3 minutes then add starch. Continue stirring until the mixture thickens.
4. Turn off the heat and pour the mixture over green beans. Sprinkle the top with almond meal and cheese.
5. Bake at 350 F 10 minutes then turn the oven to broil (high). Broil another 2-3 minutes until the top slightly browned.

Recipe Notes

Each serving is ~1 cup.

For dairy free, substitute coconut yogurt and nutritional yeast. You will add the nutritional yeast with the skillet mixture instead of sprinkling on top as you would with the cheese.

Nutrition Facts

Healthy Green Bean Casserole
Amount Per Serving (1 cup)

Calories 100 Calories from Fat 41

% Daily Value*

Total Fat 4.6g7%

Cholesterol 3mg1%

Total Carbohydrates 10.1g3%

Sugars 4g

Vitamin A12%

Calcium 7.3%

Saturated Fat 0.7g4%

Sodium 119.3mg5%

Dietary Fiber 3g12%

Protein 6.7g13%

Vitamin C12.7%

Iron8.4%

* Percent Daily Values are based on a 2000 calorie diet.

