

Elegant Green Beans

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Servings: 8

1 can (8 ounce) sliced water chestnuts, drained
1 small onion, chopped
1 jar (4.5 ounce) sliced mushrooms, drained
6 tablespoons butter, divided
1/4 cup all-purpose flour
1 cup 2% milk
1/2 cup chicken broth
1 teaspoon reduced-sodium soy sauce
1/8 teaspoon hot pepper sauce
dash salt
1 package (16 ounce) frozen French-style green beans, thawed
1/2 cup shredded Cheddar cheese
1 cup French-fried onions

Preparation Time: 20 minutes

Bake Time: 50 minutes

Preheat the oven to 350 degrees.

In a small skillet, saute' the water chestnuts, onion and mushrooms in two tablespoons of butter until the onion is crisp-tender, 4 to 5 minutes. Set aside.

In a large skillet, melt the remaining four tablespoons of butter. Stir in the flour until smooth. Stir in the milk, broth, soy sauce, pepper sauce and salt. Bring to a boil. Cook and stir until thickened, about 2 minutes. Remove from the heat. Stir in the green beans and cheese.

Spoon half of the green bean mixture into a greased 1-1/2 quart baking dish. Layer with water chestnut mixture and the remaining bean mixture.

Bake, uncovered, for 45 minutes.

Top with French-fried onions. Bake until heated through, about 5 minutes.

Per Serving (excluding unknown items): 144 Calories; 12g Fat (72.1% calories from fat); 4g Protein; 6g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 222mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.