

Side Dish

Green Beans Parmesan

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 6

2 Packages (9 Oz) frozen French-style green beans

Milk

1/4 cup onion, chopped

2 tablespoons butter

2 tablespoons all-purpose flour

1/2 teaspoon salt

1/4 cup Parmesan cheese, grated

1 can (5 oz) water chestnuts, drained and sliced

3/4 cup soft bread crumbs

2 tablespoons butter, melted

Preheat oven to 350 degrees.

Cook beans according to package directions; drain, reserving liquid. Add milk to reserved liquid to make 1 1/4 cups; set aside.

In a saucepan, cook onion in two tablespoons of butter until tender; blend in flour and salt. Stir in milk mixture all at once; cook and stir until thickened and bubbly. Stir in half of the Parmesan cheese. Stir in the cooked beans and water chestnuts; place in a 1-quart casserole.

Toss bread crumbs with remaining Parmesan and melted butter to combine; sprinkle on top of casserole.

Bake, uncovered, until bubbly, about 30 minutes.

Garnish with additional sliced water chestnuts.

Per Serving (excluding unknown items): 110 Calories; 9g Fat (72.1% calories from fat); 2g Protein; 5g Carbohydrate; trace Dietary Fiber; 23mg Cholesterol; 348mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.