

Herbed Green Bean and Mushroom Casserole

Servings: 8

2 pounds fresh green beans, washed, trimmed and cut into 1-inch pieces
4 tablespoons unsalted butter, divided
1 tablespoon olive oil
8 ounces white mushrooms, sliced
salt (to taste)
2 leeks (white and green parts only), split in half lengthwise, thoroughly washed, thinly sliced crosswise
1 large shallot, peeled and minced
4 ounces gruyere or Swiss cheese, grated
3/4 cup slivered almonds, toasted
2 tablespoons fresh Italian flat-leaf parsley, chopped
1 tablespoon fresh thyme, chopped
2 tablespoons fresh lemon juice
1/2 teaspoon freshly ground black pepper
pinch cayenne pepper
6 sheets frozen phyllo dough, thawed, kept covered with a damp cloth or paper towel until ready to use

Blanch the green beans in boiling, salted water for 2 to 3 minutes. Shock in cold water. Set aside.

Preheat the oven to 375 degrees.

In a large skillet over medium-high heat, melt one tablespoon of the butter with the olive oil. Add the mushrooms, spreading in a single layer. Sprinkle lightly with salt. Cook, without stirring, until the bottoms of the mushrooms are browned, about 10 minutes. Turn and continue cooking until the mushrooms are browned on both sides. Transfer to a bowl. Return the skillet to the stove. Reduce the heat to medium. Add one tablespoon of butter. Saute' the leeks and shallots until collapsed, stirring gently, about 5 to 7 minutes.

Place the leek mixture in a large bowl. Add the green beans, mushrooms, cheese, almonds, parsley, thyme and lemon juice. Stir in one teaspoon of salt, the black pepper and cayenne. Taste and adjust the seasonings as desired. Spoon the mixture into a lightly greased two-quart casserole.

Melt the remaining two tablespoons of butter. Place one of the phyllo sheets on a work surface and, using a pastry brush, lightly brush with butter (keep the remaining sheets carefully covered; phyllo dries quickly). Place on top of the casserole, allowing the edges to hang over the dish. Repeat with the remaining sheets of phyllo, slightly rotating them as you place them on the casserole to create a fan effect. Fold the overlapping corners back over the crust for a decorative look (alternatively, you can use a square or rectangular baking dish and fold the phyllo sheets to fit). Brush the exposed edges with the remaining butter.

Bake for about 25 minutes until the phyllo is golden brown and the filling is heated through. Serve warm.

The casserole can be made a day in advance and stored, covered, in the refrigerator. Bring to room temperature two hours before serving. Return to a 350 degree oven for 10 minutes to warm immediately before serving.

To toast the almonds, place in a dry saute' pan over medium-low heat. Cook, stirring occasionally, until the almonds are lightly toasted, 5 to 7 minutes. Remove from the pan to cool.

Per Serving (excluding unknown items): 190 Calories; 15g Fat (70.4% calories from fat); 4g Protein; 11g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 71mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	190	Vitamin B6 (mg):	trace
% Calories from Fat:	70.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	21.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	15g	Folacin (mcg):	9mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	16mg	% Refuse:	0.0%
Carbohydrate (g):	11g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	4g	Lean Meat:	1/2
Sodium (mg):	71mg	Vegetable:	0
Potassium (mg):	127mg	Fruit:	0
Calcium (mg):	39mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	3
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	388IU		
Vitamin A (r.e.):	70 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 190 Calories from Fat: 134

% Daily Values*

Total Fat	15g	24%
Saturated Fat	5g	23%
Cholesterol	16mg	5%
Sodium	71mg	3%
Total Carbohydrates	11g	4%
Dietary Fiber	1g	5%
Protein	4g	
Vitamin A		8%
Vitamin C		4%
Calcium		4%

Iron

6%

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