

Bright Green Bean Cheese Casserole

134 cal - 5.3g net carbs per serving
(1074 cal - 42.8g net carbs in total recipe)

Servings: 8



Low Carbe Diem

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1 lb green beans, trimmed
4 tbsp dry white wine
4 oz onion, minced
1 clove garlic, minced
1 tbsp minced parsley
1 tsp lemon zest
6 oz cream cheese, softened
4 oz sharp cheddar cheese, grated
1 tsp Worcestershire sauce
1 1/2 tsp Dijon mustard
3/4 c chicken stock/broth
1/4 tsp pepper

DIRECTIONS

Preheat oven to 350 F. Butter a large oven-safe skillet or 8" x 8" oven-proof dish.

Cook green beans (Add 4 tbsp water and steam in microwave on high power for 4-5 minutes. Or, boil on the stove 8-10 minutes.) Test for done-ness, and drain.

In a large bowl, toss together green beans, wine, onion, garlic, parsley and lemon zest.

In a separate bowl, add softened cream cheese, cheddar, Worcestershire, mustard and chicken stock. Mix until completely combined. You can also mix over a very low heat.

Pour the cheese sauce into the prepared skillet or dish. Add the green beans. Drizzle a little sauce over the beans. Sprinkle with shredded cheese (optional) and pepper.

Bake 20 to 25 minutes, until bubbly. Serve warm.

Total Recipe: 1074 Calories; 78.8g Fat (66% calories from fat); 34.1g Protein; 57.8g Carbohydrate; 15g Fiber.

Per Serving: 134 Calories; 9.9g Fat (66% calories from fat); 4.3g Protein; 7.2g Carbohydrate; 1.87g Fiber.