



**Memorial
Cancer Institute**



aprons
COOKING SCHOOL

Deconstructed Green Bean Casserole**

Serves 4

Ingredients

4-5 garlic cloves, roasted, pureed, oil reserved
1 onion, halved and sliced
½ pound crimini mushrooms, cleaned and sliced
1½ pounds green beans, blanched
¼ teaspoon fresh nutmeg
Kosher salt and pepper, to taste

Method

Heat oil in large sauté pan and cook onions until caramelized.

Remove from pan and add mushrooms.

Cook mushrooms until soft and browned.

Add green beans and sauté until warm.

Season with nutmeg, salt, and pepper. Toss with onions and serve.

**This recipe was developed by the Registered Dietitians from Memorial Cancer Institute, Hollywood, Fl. along with the Resident Chef at Publix Aprons Cooking School, Plantation, Fl. Note that the Registered Dietitians featured in these recipe tutorials from Memorial Cancer Institute can only treat patients who are a part of the Memorial Healthcare System treatment team.