

# Recipe

## GREEN BEAN CASSEROLE WITH CRISPY SHALLOTS

- ¼ cup olive oil
- 6 medium shallots, sliced into rings (about 1 cup)
- 1½ pounds thin fresh green beans or haricots verts, trimmed
- 1 pound button mushrooms, sliced
- 6 large gloves garlic, minced
- 1 tablespoon fresh thyme, chopped
- 3 cups low-fat (1%) milk
- 3 tablespoons all-purpose flour
- ⅓ cup plus 2 tablespoons parmesan cheese, freshly grated
- ½ cup finely fresh parsley, chopped
- ¼ teaspoon ground nutmeg
- Salt and freshly ground pepper
- Olive oil cooking spray

