

Send Us Your Recipes!

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Cooking with the Club

with Chef Robert Larios



ANA'S GREEN BEAN CASSEROLE

Everyone can make a green bean casserole with condensed mushroom soup and French fried onions, but few can make this version. It is probably because it takes more time to prepare and cook, and therefore it requires more love.

My sister, Ana, has perfected this green bean casserole over the years, and it is now a favorite side dish at the family Thanksgiving dinner. It is still very easy to make, but the flavors are off the charts. Ana knows what she is doing!

If you are trying to stay healthy and keep the calories low, then feel free to substitute other ingredients including low fat cheddar cheese, and low fat sour cream or olive oil instead of butter.

Enjoy, and Happy Thanksgiving!

Chef Larios

Ana's Green Bean Casserole

Serves 4 to 6

INGREDIENTS:

- 1 tablespoon all-purpose flour
- 1/4 cup grated Parmesan cheese
- 1/2 cup sour cream
- 1/2 teaspoon sea salt and a pinch of freshly cracked pepper
- 1/2 teaspoon white sugar
- 1/4 cup finely diced onion
- 1 1/2 cups green beans (French style recommended)
- 3/4 cup shredded cheddar cheese
- 1/4 cup breadcrumbs
- 2 teaspoons butter

Cooking TIDBIT

You may use heavy cream instead of sour cream. Also, if you like butter... then by all means use more of it.

[A Cook's Dictionary]



French Green Beans:

Any young, green string bean, all of which (including the pod) can be eaten. Frenched or French green beans are those that have been cut lengthwise into very thin strips.

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Food Fact

Our poll of City Employees revealed the top five foods they think about for fall. From first to last: apple cider, spicy chili, hot cocoa, pumpkin pie and gingerbread cookies.

DIRECTIONS:



1 Begin by pre-heating the oven to 350 F. In a large skillet, melt the butter over medium heat. Then stir in flour, stirring for one minute. Add salt, sugar, onion and sour cream.



2 And then, don't forget to stir in the green beans.



3 Transfer the mixture to a casserole dish and add the cheese. Then add the breadcrumbs. Spray nonstick cooking spray to help prevent burning the bread crumbs. I like to add more cheese on top, but that is optional.



4 Bake for 30 minutes in the oven or until the cheese is bubbling at the top. Switch from bake to broil for about five minutes to get a crispy texture at the top.



5 Plate and serve!