

Baked Butter Beans with Mustard

Publix GRAPE magazine - Winter 2011

Servings: 10

Preparation Time: 15 minutes

Bake Time: 45 minutes

1 tablespoon vegetable oil

1 large (1 cup) onion, chopped

4 cans (16 oz each) butter beans and/or Great Northern beans, rinsed and drained

1 container (8 oz) dairy sour cream

3/4 cup chicken or vegetable broth

1 tablespoon all-purpose flour

1 tablespoon snipped fresh rosemary

1 tablespoon Dijon style mustard

1/4 teaspoon freshly ground black pepper

1/2 cup panko bread crumbs

2 tablespoons Italian flat-leaf parsley, chopped

2 teaspoons lemon peel, finely shredded

Preheat the oven to 325 degrees.

In a skillet, heat the oil over medium heat. Cook the onion in the oil over medium heat until tender. Transfer to a large bowl and add the beans. Set aside.

In another bowl, whisk together the sour cream, broth, flour, rosemary, mustard and pepper. Stir into the bean mixture. Transfer to a 2-quart rectangular baking dish.

Bake, covered, for 30 minutes. Remove the cover. Sprinkle with the panko.

Bake, uncovered, for 15 minutes or until hot and bubbling and the crumbs are golden.

Sprinkle with parsley and lemon peel before serving.

Yield: 10 3/4 cup servings

Per Serving (excluding unknown items): 19 Calories; 1g Fat (62.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1/2 Fat.