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Green Bean Casserole, made from scratch

Vegan. Allergens: wheat, tree nuts

Serves 6

Ingredients

- 2 ½ cups plain, unsweetened cashew milk, divided
- ¾ cup whole wheat flour, divided
- 1 cup whole grain bread crumbs
- 1 yellow onion, thinly sliced
- 2 tablespoons canola oil
- ¼ cup shallot, minced
- 2 cloves garlic, minced
- 2 cups white and/or brown mushrooms, chopped
- 1 bouillon cube
- 16 ounces frozen green beans, thawed
- Salt and pepper to taste

Instructions

1. Preheat oven to 425°F. Line a baking sheet with parchment paper or a silicone baking mat.
2. In a medium bowl, combine ½ cup cashew milk and ½ cup flour. Add a generous pinch of salt and stir to combine. Place bread crumbs in a separate bowl.
3. Separate the onion slices into individual rings. Dip onion rings into cashew milk batter, letting excess drip off, then dip into bread crumbs to coat. Place onto baking sheet, repeating until all of the onion is used. Bake for 25 minutes or until golden and crisp, flipping onions halfway.
4. Meanwhile, heat canola oil in a large skillet over medium-high heat. Add shallots and cook until they start becoming translucent, about 2-3 minutes. Add garlic and cook for 30 seconds or until fragrant, stirring often.
5. Add mushrooms and cook until tender, about 5-7 minutes, stirring occasionally. Sprinkle ½ cup flour over the mushrooms and cook for 1 minute, stirring occasionally. Carefully stir in remaining 2 cups of cashew milk, then add bouillon. Stir often for about 5 minutes until the mixture thickens to resemble a thick, creamy soup. Add salt and pepper to taste.
6. Stir in green beans. Add ½ baked onions, then pour into a casserole dish. Bake at 425°F for 20 minutes. Top with remaining onions and bake for another 5 minutes or until the top is golden brown.

More Information

- This recipe is like 3-in-1! You can make the onion topping alone as baked onion rings, the mushroom soup alone (before adding the green beans), or make the whole casserole.
- This recipe has lots of room for substitutions. You can top the casserole with just bread crumbs rather than making the baked onions. You can also use traditional green bean casserole ingredients in place of some of these components made from scratch to save time.
- It is perfectly fine to use frozen vegetables (and fruit) rather than fresh. When a certain vegetable or fruit is not in season, the frozen version may be just as nutritious, if not more! However, if you'd like to use fresh green beans, that is totally fine. Just lightly cook them first!



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Citrus Endive Boats

Vegan, gluten-free.

Serves 4-6

Ingredients

- 2 oranges, navel, blood, or both
- 1 medium avocado, cubed
- 2 heads endive
- 2 tablespoons chives, sliced
- ¼ teaspoon salt

Instructions

1. Carefully peel leaves off of endive. If it starts getting difficult to pull them off, trim a little bit of the base. Repeat until you reach the small bite-sized leaves and compost the core or save for another use. Wash the leaves and set aside.
2. Cut off ends of oranges, then place flat end on cutting board. Carefully use knife to cut off remaining peel. Cut segments out of each orange, then cut each segment into 2-3 smaller pieces.
3. In a medium bowl, combine the orange pieces and cubed avocado. Add salt and stir very gently.
4. Arrange endive leaves on a platter and top with orange mixture. Garnish with chives and serve immediately.

Tips

- Try using endive for other dips and salads
- Try using a variety of citrus, including other varieties of oranges or even grapefruit
- You can also chop up the endive (or other leafy greens) and make this into a salad

