Healthy DOG EATS with dr. cos

Green Bean Casserole

8 servings

Ingredients:

24 ounces steamed green beans

4 ounces shredded parmesan cheese divided

5 ounces shiitake mushrooms

2 tablespoons rice flour or other gluten free flour

1/2 cup diced celery

1/2 cup diced turnip root

4 ounces Neufchâtel cheese

Fresh thyme (2-3 sprigs)

Fresh oregano (2-3 small sprigs)

1/4 cup olive oil

1/2 cup reduced sodium chicken stock

1/4 cup sliced almonds

Green Bean Casserole Nutrition Facts

Nutrition Facts

Amount per 171 g
1 serving (6 oz)

Calories 228
From fat 155

HappyForks.com

Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 17.7g	27%	**Total Carbohydrates** 12g	4%
Saturated 6.2g	31%	Dietary Fiber 3g	12%
Trans Fat 0.1g		Sugars 3g	
Cholesterol 29mg	10%	**Protein** 7g	14%
Sodium 344mg	14%		
Calcium 19% • **Iron** 7%		**Vitamin A** 14% • **Vitamin C** 7%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Green Bean Casserole:

Steam green beans, and cool. Cut into 1" pieces. Pat dry with paper towel to remove any additional moisture. Set aside.

Saute celery and parsnips, few sprigs of fresh thyme and oregano in olive oil. Meanwhile toss shiitake mushrooms with flour and add to sauté pan. Stir constantly to incorporate with celery and parsnips. Slowly add chicken stock and continue to stir. Lower heat and simmer for a few minutes. Add room temperature neufchâtel cheese, stir until combined. Remove from heat.

In a large bowl, toss green beans with 3 ounces of parmesan cheese until coated. Add mushroom mixture and stir to combine.

Preheat oven to 350 degrees.

Spray a 8 x 8 or 9 x 9 glass pyrex dish with pan spray. Transfer bean mixture to glass dish.

Top with sliced almonds and the rest of the parmesan cheese. Bake for 25 minutes or until bubbly. Let stand 8-10 minutes before serving.

Green Beans- Green beans are an excellent source of vitamin A because of their concentration of carotenoids, including beta-carotene. They also contain vitamins C and K, calcium, copper, fibre, folic acid, iron, magnesium, manganese, niacin, phosphorus, potassium, protein, riboflavin, thiamine and Omega 3 fatty acids. (1)

Parsnips- Parsnips are healthy for your dog to eat and contain vitamins C and B6 as well as folic acid and potassium. These veggies are good for your dog's metabolism, support a healthy nervous system, and are beneficial for dogs with kidney disease as they help stimulate kidney function. Parsnips also have antioxidants that help fight cancer. (2)

Celery- Celery contains compounds that help repel cancer cells! You read that right… eating celery is a natural cancer preventative! Celery compounds that kill cancer cells contains apigenin and luteolin. These specific compounds are bioactive flavonoids that fight cancer cells. Flavonoids are naturally occurring plant pigments that work as antioxidants and have the capacity to combat free radicals in the body.(3)

Shiitake Mushrooms- A rich source of protein, zinc, copper, thiamin, folate, selenium, iron, riboflavin, magnesium, potassium, manganese, pantothenic acid, niacin and dietary fiber. The Shiitake mushrooms are one of the world's healthiest, and it is a symbol of longevity to people in Asia. You can buy Shiitake mushrooms from a store, but you can also grow them using a log. (4)

Parmesean Cheese- Is full of protein and can maintain healthy eyes, and strengthen your bones and teeth. It will improve your sleep quality and is great for digestion. Just limit the amount you give your dog, as it is from cows milk, but it is a hard cheese so there is very little moisture. You can have as much as you like!

Neufchatel Cheese- Vitamin B-12 lowers your risk of cardiovascular disease, protects nerve cells and helps make red blood cells. Your eyes need vitamin A to stay healthy, and you can count on getting 12 percent of its daily value from Neufchatel cheese. (5)

Almonds- Almonds can be used for dogs but best in ground form as not to have an obstruction giving to them whole. Almonds are higher in fat at 14 grams for about 23 whole almonds. They are a good source of protein and fiber and dogs that are on special needs diets where they can not tolerate animal protein do well on almond meal and legumes for their protein source. So bottom line on the almonds is..ground and limited. (7)

Olive Oil- The phytonutrient in olive oil, oleocanthal, mimics the effect of ibuprofen in reducing inflammation, which can decrease the risk of breast cancer and its recurrence. Squalene and lignans are among the other olive oil components being studied for their possible effects on cancer. Olive oil lowers the levels of total blood cholesterol, LDL-cholesterol and triglycerides. At the same time it does not alter the levels of HDL-cholesterol (and may even raise them), which plays a protective role and prevents the formation of fatty patches, thus stimulating the elimination of the low-density lipoproteins. So this healthy oil has huge benefits for both us and our dogs.

Oregano-Oregano extract has been shown to "lead to growth arrest and cell death in a dose- and time-dependent manner" in colon cancer cells. A phytochemical in oregano, carnosol, has also been "evaluated for anti-cancer property in prostate, breast, skin, leukemia, and colon cancer with promising results." (6)

References:

(1) https://animalwellnessmagazine.com/cancer-fighting-foods-dog/
(2)(https://www.rover.com/blog/can-my-dog-eat-parsnips/
(3) Fight Cancer and Live a Healthier Life with Celery
https://thetruthaboutcancer.com/fight-cancer-live-healthier-life-celery/
(4) http://www.whfoods.com/genpage.php?dbid=122&tname=foodspice
(5) https://www.livestrong.com/article/553253-1-3-less-fat-cream-cheese-vs-neufchatel/
6) Cancer Lett. 2011 Jun 1;305(1):1-7. doi: 10.1016/j.canlet.2011.02.005. Epub 2011 Mar 5.Carnosol: a promising anti-cancer and anti-inflammatory age
(7) https://www.petmd.com/dogs/can-dogs-eat-almonds