



HEALTHY GREEN BEAN CASSEROLE

PREP AND COOK TIME: 45 minutes **SERVINGS:** 8

INGREDIENTS

- 1 pound frozen green beans (French cut is best), thawed
- 10.5 ounces canned, reduced-fat, low-sodium cream of mushroom soup
- ½ cup low-fat sour cream
- ½ teaspoon pepper
- 1 small onion (cut into thin strips)
- Nonstick cooking spray
- ¼ cup whole-wheat flour

NUTRITION INFORMATION

Each serving contains approximately 77 calories, 2.0 g fat, 4 mg cholesterol, 138 mg sodium, 401 mg potassium, 12 g carbohydrates, 2 g fiber, 3.2 g sugars, 3 g protein, and 80 mg calcium.

INSTRUCTIONS

Preheat oven to 350F.

In a 9 x 13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed and bake for 20 minutes.

While casserole bakes, spread out onion sticks and lightly spray with cooking spray.

Sprinkle flour over onion pieces, tossing to coat equally.

Spray a medium-large skillet with cooking spray and heat to medium-high heat. Add onions and cook until crispy, stirring occasionally.

Remove casserole from oven, add ½ onions and stir well.

Top with remaining half and return to oven. Bake 5 minutes.

Onion alternatives:

Substitute onion topping with thinly sliced almonds or crushed salad croutons for more crunch. If you miss the onion flavor with these alternatives, add diced onions to your soup mix.