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HEALTHY GREEN BEAN CASSEROLE

Yields: 8 Servings

INGREDIENTS

1 pound frozen green beans
(French cut is best), thawed
1 10-ounce can reduced-fat, low-
sodium cream of mushroom soup
1/2 cup low-fat sour cream
1/2 teaspoon pepper
1 small onion (cut into thin strips)
Cooking spray
1/4 cup whole-wheat flour

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a 13 x 9 x 2-inch baking dish, stir together the green beans, soup, sour cream, and pepper until well blended. Bake for 20 minutes.
3. Meanwhile, spread out the onion strips on a baking sheet. Lightly spray with cooking spray.
4. Sprinkle the flour over the onion strips, tossing to coat.
5. Lightly spray a medium-large skillet with cooking spray. Cook the onions on medium high for 3 to 4 minutes, or until crispy, stirring occasionally.
6. Remove the baking dish from the oven. Stir in half of the onions.
7. Top with the remaining onions. Bake for 5 minutes.

Nutrition Information (Per 1 Serving): 77 Calories, 2g Fat, 0.5g Saturated Fat, 12mg Cholesterol, 138mg Sodium, 12g Carbohydrates, 2g Dietary Fiber, 3g Sugar, 3g Protein