



Healthy Green Bean Casserole

Try this low calorie version of a Southern favorite!

Ingredients:

1 can (10¾ ounces) reduced-fat cream of mushroom soup
½ cup fat-free sour cream
¼ cup fat-free milk
1¼ pounds green beans, cut into 1-inch pieces, cooked until crisp-tender
½ cup canned French-fried onions

Instructions:

Mix soup, sour cream and milk in 2-quart casserole; stir in beans.

Bake, uncovered, at 350-degrees until mixture is bubbly, about 45 minutes.

Sprinkle onions on top during last five minutes of baking time.

Nutritional Information: (Makes 6 servings)

Per serving:

81 calories
2.9 grams fat
11.6 grams carbohydrates
3 grams protein
172 mg sodium