

**Green Bean Casserole**

Check out this favorite Thanksgiving holiday classic! It's a perfect side dish to the turkey and mashed potatoes.

**Ingredients**

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**Servings: 8**

- 1-pound frozen green beans (French cut is best), thawed
- 1 10.5-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**

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1. Preheat the oven to 350°F.
2. In a 13 x 9 x 2-inch glass 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 the onion strips 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 heat for 3 to 4 minutes, or until crispy, stirring occasionally.
6. When the casserole is done baking, remove it from the oven. Stir half of the onions into the green bean mixture.
7. Top with the remaining onions. Bake for 5 minutes, or until the onions on top are browned.

**Nutrition Facts**

**Calories**

77 Per Serving

**Protein**

3g Per Serving

**Fiber**

2g Per Serving

**Cost Per Serving**

\$0.62

<b>Nutrition Facts</b>	
<b>Calories</b>	<b>77</b>
<b>Total Fat</b>	<b>2.0 g</b>
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
<b>Cholesterol</b>	<b>4 mg</b>
<b>Sodium</b>	<b>138 mg</b>
<b>Total Carbohydrate</b>	<b>12 g</b>
Dietary Fiber	2 g
Sugars	3 g
Added Sugars	0 g
<b>Protein</b>	<b>3 g</b>

## References

1. American Heart Association. 2018. Web address: <https://recipes.heart.org/en/recipes/green-bean-casserole>