



Green Bean Casserole

Info:

Makes 6 Servings 160 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1 Can Cream of Mushroom Soup
- ❖ 4 Cups Cooked Green Beans
- ❖ 1 1/3 Cups Fried Onion Topping
- ❖ 3/4 Cup Skim/Soy Milk
- ❖ 1/8 tsp Pepper

Preparation:



1. Mix soup, green beans, milk, 2/3 cup fried onions and pepper in a baking dish
2. Bake at 350° for 25 minutes
3. Top with remaining 2/3 cup fried onions and bake 5-10 more minutes
4. Serve hot