



Green Bean Casserole

INGREDIENTS

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



Recipe courtesy of American Heart Association

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a 9x13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed and bake for 20 minutes.
3. While casserole bakes, spread out onion sticks and lightly spray with cooking spray.
4. Sprinkle flour over onion pieces, tossing to coat equally.
5. Spray a medium-large skillet with cooking spray and heat to medium-high heat. Add onions and cook until crispy, stirring occasionally.
6. Remove casserole from oven, add half of the onions and stir well.
7. Top with remaining half and return to oven, bake 5 minutes more.