

Healthier Green Bean Casserole



Ingredients

- 5 cups cooked cut green beans
- 4 oz. mushrooms, sliced
- 1 clove of garlic
- 1 cup fat-free milk
- 1 can low-calorie or low-sodium condensed cream of mushroom soup
- 1 large onion, thinly sliced
- ¼ cup all purpose flour
- Cooking spray
- 1 Tbsp. bread crumbs
- Salt and pepper

Directions:

1. Preheat oven to 450 degrees.
2. Lightly coat a baking sheet with cooking spray.
3. In a bowl combine the onion, flour and bread crumbs. After onions are coated, place them flat on the baking sheet. Cook for approximately 20 to 25 minutes, frequently rotating the onions.
4. In a large bowl combine the green beans, mushrooms, garlic, milk and can of soup.
5. Add 1/3 of the baked onions to the mixture, and spread evenly in a casserole dish.
6. Bake in the oven at 350 degrees for 25 minutes.
7. Add the remaining onions and cook for another 7 minutes.
8. Salt and pepper to taste and enjoy!

*Yield 8 servings, serving size: 1 serving. Calories: 92.
Fat: 2 g. Cholesterol: <1 mg. Sodium 309 g. Carbohydrates: 15.4 g.
Fiber: 3.4 g. Sugar: 5.7 g. Protein: 3.6 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*