FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.

BETTER – THAN – EVER GREEN BEAN CASSEROLE

Provided by: Sue Cooper

Ingredients:

- 1 Tbsp. olive oil
- ½ lb. sliced fresh mushrooms
- 1 small onion, finely chopped
- 1 lb. fresh green beans, trimmed
- 1 can (10-3/4 oz.) reduced-fat reduced-sodium condensed cream of mushroom soup
- ½ cup BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream
- ½ cup milk
- ¼ tsp. pepper
- ¾ cup (1/2 of 2.8-oz. can) French fried onions

Directions:

1. HEAT oven to 350ºF.
2. HEAT oil in large skillet on high heat. Add mushrooms and chopped onions; cook and stir on medium heat 3 min. or until onions are crisp-tender. Stir in beans; cover. Cook on medium-low heat 4 min. Remove from heat.
3. MIX next 4 ingredients. Add to vegetable mixture; mix well. Pour into 2-qt. casserole sprayed with cooking spray.
4. BAKE 40 min. or until heated through, topping with French fried onions after 30 min.

Nutrition Information: Calories 80, Total fat 5g (Saturated fat 1.5g), Cholesterol 5mg, Sodium 140mg, Carbohydrate 8g (Dietary fiber 1g, Sugars 3g), Protein 2g**; Percent Daily Value*:** Vitamin A 8 %DV, Vitamin C 4 %DV, Calcium 4 %DV, Iron 2 %DV

Nutritionist Notes:

- To reduce fat content, may want to use non-fat yogurt instead of reduced fat or light sour cream.
- To reduce fat content, may want to use skim milk.
- To reduce fat content, may want to use ½ cup French fried onions vs. ¾ cup.