Green Bean Casserole

If you are making plans for Easter Dinner and want a healthy alternative for one of your side dishes, consider this healthy rendition of the good, old Green Bean Casserole!

**Ingredients**
- 1 tbsp butter or canola margarine
- 1 cup fat-free or light sour cream
- 2 tbsp quick-mixing flour (regular flour can also be used)
- 1 tsp salt
- 1 tsp granulated sugar
- 1/2 cup chopped onion
- 16 ounce bag frozen French-style green beans (if using canned, use 3 cans, 14.5 ounce each, drained)
- 1/2 cup crumbled reduced fat crackers (buttery, not soda crackers); about 10 crackers
- canola cooking spray

**Instructions**
- Preheat oven to 350 degrees. Coat a 9x9 inch baking dish with canola cooking spray.
- Melt 1 TBS of butter in 2 cup glass measure in the microwave. Stir in 2 TBS of the sour cream and the flour. Add remaining sour cream, salt, and sugar, and stir until well blended.
- In large bowl, blend the sour cream mixture with the green beans and half of the cheddar cheese and spread mixture into prepared baking dish.
- Spread remaining cheese over the top and top with the cracker crumbs. Spray the cracker topping lightly with canola cooking spray.
- Bake for 30-35 minutes or until the top is golden and sauce is bubbly.
Nutritional Information

9 servings

Calories: 115
Fat: 4g
Saturated Fat: 2.2g
Mono Fat: 1.1g
Cholesterol: 10mg
Protein: 6g
Carbohydrates: 13.5g
Dietary Fiber: 1.5g
Sodium: 368mg

Recipe from WebMD