

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