



Heart Healthy Green Bean Casserole

Serves 4

Recipe courtesy The American Heart Association

1 pound frozen French cut green beans, 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 strips
Non stick cooking spray
¼ cup whole wheat flour

1. Preheat oven to 350 degrees.
2. In a large bowl combine the cream of mushroom soup and sour cream. Mix together.
3. Add the green beans to the cream of mushroom soup and sour cream. Mix together.
4. Add the green bean mixture to an oven safe dish large enough to hold them. Spray the dish with a little vegetable spray to prevent sticking.
5. Place the casserole in the oven and bake for 20 minutes.
6. While the casserole is cooking, place the onion slices in a large bowl and lightly spray with vegetable oil.
7. Sprinkle the whole wheat flour over the onions and toss to coat.
8. Heat a large sauté pan on the stove and lightly spray with vegetable oil. Sauté the onion coated with whole wheat flour until they are crisp.
9. Remove the casserole from the oven, top with the onions and bake for an additional 5 minutes. Serve with your favorite dinner and enjoy!