



HEALTHY  
HOLIDAY  
MEALS



# LOW-FAT GREEN BEAN CASSEROLE

THE PERFECT CASSEROLE FOR THE HOLIDAY SEASON

1 ½ lbs fresh green beans, trimmed and cut into bite sized pieces

- 1/2 cup cream of mushroom soup, reduced sodium

- 1/2 cup nonfat plain Greek yogurt

- 1/2 cup fat free half & half

- 1/2 tsp fresh ground pepper

- 1/2 cup sliced mushrooms

- 1/2 medium white onion, sliced

- 2 tbsp olive oil, divided

- Mrs. Dash seasoning to taste

*makes approximately 8 servings*

**1** Preheat oven to 350° F. Grease a small casserole dish and set aside. Boil the green beans in lightly salted water, until bright green and softened.

**2** Meanwhile, mix the mushroom soup, yogurt, half & half and pepper in a medium bowl. When green beans are done, add to the soup/yogurt mixture.

**3** Heat 1 tbsp olive oil in a small skillet and cook the mushrooms until lightly browned. Remove from heat and add to the green beans. Toss together and pour into prepared casserole dish.

**4** In the same skillet, heat the remaining olive oil. Cook the onions until transparent and golden. Add to the top of the green beans. Cover the dish with foil and bake for 30 minutes.

**5** Remove foil and bake for another 10 minutes. Remove the casserole from the oven and sprinkle with desired amount of Mrs. Dash seasoning.

*Nutrition information per serving: 84 calories, 4 g fat, 1 g saturated fat, 89 mg sodium, 9 g carbohydrates, 4 g dietary fiber, 3 g protein*