



Green Bean Casserole

INGREDIENTS:

8 cups Green beans, cleaned and cut into 1 inch pieces
2 cups Cream of mushroom soup (Healthy Request) or [H3 Cream sauce](#)
1 cup Skim milk
½ teaspoon Salt
Pinch Pepper
1 teaspoon Onion powder
1 cup Panko crumbs (Japanese bread crumbs)
2 Tablespoon Parsley, fresh, washed, chopped fine
1 Tablespoon Butter, unsalted

PREPARATION:

- Preheat oven to 350°F.
- Place all cut green beans in mixing bowl.
- In smaller sauce pan, warm H3 cream sauce or healthy request soup and add skim milk or soy milk.
- Warm sauce and season with salt, pepper and onion powder.
- Lightly spray a 9×9 casserole dish with pan spray.
- Then add cut green beans to casserole dish.
- Pour “cream” mixture over green beans.
- Wrap casserole dish with plastic wrap and foil, and bake for about 20 minutes.
- In another bowl, melt butter and mix with panko crumbs and fresh chopped parsley.
- After casserole has cooked for 20 minutes, sprinkle panko mixture over the top of casserole for an added crunch and color
- Bake in oven for about 15 minutes or until panko crust is golden brown

Number of servings: 9

Serving size: 1/9 of pan

Calories: 80 calories

Fat grams: 3

