

Health Friendly Green Bean Casserole

1 can (10 ³/₄ oz) 98% fat free condensed Cream of Mushroom Soup
½ cup skim milk
1 tsp. soy sauce
Dash ground black pepper (or to taste)
4 cups fresh or frozen French green beans
2 packs SmartForme Garlic and Parsley soy snacks (puffs)

Directions:

Mix: soup, milk, soy sauce, black pepper, beans and ½ package of soy snacks in 1 ½ quart casserole pan (sprayed with cooking spray).

Bake: at 350 degrees F for 25 minutes or until hot.

Just before serving, top casserole with remaining soy snacks, making a ring around outer edge. For a festive touch, sprinkle finely chopped red pepper in center of dish.

Nutrition Information:

Calories 110
Fat 7 grams
Carbohydrate 8 grams
Fiber 3 grams
Protein 8 grams

Product	Calories	Fat	Carbohydrate	Fiber	Protein
Traditional Recipe	161	9 grams	17 grams	3 grams	3 grams
Health Friendly Recipe	110	7 grams	8 grams	3 grams	8 grams