

TRY THIS AT HOME:

Lean Green Bean Casserole



You will need:

1 can *low fat* condensed cream
of mushroom soup
1/2 cup skim milk

PREP TIME: 10 minutes

Dash of ground pepper
2, 16-ounce cans of green beans
Help from an adult

How can you make green bean casserole healthier?

1. Mix the soup, milk, pepper and beans in a 1 1/2-quart casserole dish.
2. Bake at 350 degrees Fahrenheit for 25 minutes or until hot.

SERVING SIZE: 2/3 cup (provides 1/2 cup of green beans)

Fun Fact

Half a cup of green beans provides 2 grams of the 25-30 grams of fiber recommended every day. Fiber helps keep your digestive system health. A half cup of green beans helps you on your way to the recommended 2 1/2 cups of vegetables a day.