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.