

Green Bean Casserole



Transform this kid-favorite into something everyone can enjoy by replacing packaged and canned ingredients with fresher, healthier alternatives. This recipe is the perfect side for holiday meals.

1 tsp. cooking oil

¼ cup chopped onion

2 tbsp. flour

1 cup skim milk

1/3 cup shredded, reduced-fat Swiss cheese

½ cup low-fat sour cream

1 tsp. sugar

¼ tsp. salt

1 (16 oz.) package frozen green beans, thawed and drained

1 cup herb-seasoned stuffing mix

1 tsp. margarine, melted

In a medium saucepan, sauté onion in cooking oil. Add flour and cook 1 minute. Gradually add milk, stirring until blended. Stir in cheese, sour cream, sugar and salt; cook for 5 minutes or until thickened and bubbly, stirring constantly. Put green beans in a baking dish; pour the sauce over the top. In another bowl, pour the melted margarine over the stuffing mix; stir well and sprinkle over green bean mixture. Bake at 350 degrees for 20 to 25 minutes or until heated through.

Yield: 8 servings. Each serving provides 106 calories, 5g total fat, 2g saturated fat, 5g protein and 186 mg sodium.

Source: <https://doh.sd.gov>