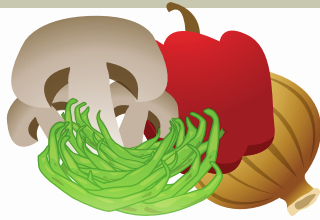


## Veggies



### Green Bean Casserole



Great for  
big crowds!

#### Ingredients:

Onion Topping:	Casserole:
2 medium onions	2 lb green beans, trimmed
sliced thin	8 oz mushrooms, sliced
1/4 cup flour	1 med red pepper, diced
2 Tbsp breadcrumbs	1 Tbsp olive oil
1 tsp garlic powder	2/3 cup low-fat, reduced-
1/4 tsp salt	sodium chicken broth
	1 cup low-fat sour cream

#### Nutrition:

Recipe makes 14 servings  
Each serving counts as 2 vegetables

#### Safety:

Ask a parent or guardian for help when using the oven and stove. Keep fingers curled under while using knife.

#### Directions:

1. Preheat oven to 400°F.
2. Toss onions with flour, crumbs, garlic powder and salt.
3. Spread onions on baking sheet and bake for 40 to 45 mins, tossing every 10 minutes.
4. Set onions aside. Reduce oven to 350°F.
5. Boil large pot of water, add green beans, turn off heat and let sit in hot water for 2 mins.
6. Drain off hot water, put green beans in bowl of ice water, drain cold water, set beans aside.
7. Brown mushrooms and red peppers in skillet.
8. Add broth and green beans, cover, cook for 7 mins.
9. Take skillet off stove and fold in sour cream.
10. Pour green bean mixture into casserole dish, cover and bake for 15 minutes at 350°F.
11. Uncover and top with onions.
12. Bake for 10 to 15 minutes more in oven.
13. Serve hot and enjoy!

from the kitchen of  
**Playnormous**

Recipe approved by the American Diabetes Association

