GREEN BEAN CASSEROLE

INGREDIENTS:

8 cups	Green beans, cleaned & cut into 1 in. pieces
2 cups	Cream of mushroom soup (Healthy Request) or H3 Cream sauce
1 cup	Skim milk
½ tsp.	Sea salt
1 tsp.	Onion powder
1 cup	Panko bread crumbs
2 tbsp.	Parsley, fresh, washed, chopped fine
1 tbsp.	Butter, unsalted
Pinch	Pepper

METHOD:

- Preheat oven to 350°F.
- Place all cut green beans in mixing bowl.
- In smaller sauce pan, warm H3 cream sauce or healthy request soup and add skim milk or soy milk.
- Warm sauce and season with salt, pepper and onion powder.
- Lightly spray a 9×9 casserole dish with pan spray.
- Then add cut green beans to casserole dish.
- Pour "cream" mixture over green beans.
- Wrap casserole dish with plastic wrap and foil, and bake for about 20 minutes.
- In another bowl, melt butter and mix with panko crumbs and fresh chopped parsley.
- After casserole has cooked for 20 minutes, sprinkle panko mixture over the top of casserole for an added crunch and color.
- Bake in oven for about 15 minutes or until panko crust is golden brown.

Serves: 4
Serving Size: ⅓ cup
Calories: 75
Fat: 2 gm.