
Green Bean Casserole

This recipe can be used for all nutritional needs.



Serving Size ½ c

Ingredients:

2 can Green Beans, French style, salt free, canned, drained
½ c Mushrooms, fresh, chopped
1 T Seasoned Pepper Blend, salt free
1 t Worcestershire Sauce, French's® reduced sodium
3 oz. Cream Cheese, fat free
1 c Non-Dairy Creamer, liquid

Directions:

1. Wash all fresh fruits and vegetables thoroughly prior to use. Set aside to dry.
2. Preheat oven to 350 degrees. Prepare 2 qt casserole dish by spraying lightly with cooking spray.
3. In large bowl, combine canned green beans, chopped mushrooms, and all spices. Stir gently to blend.
4. In microwave, on 30% power, soften cream cheese. Blend softened cream cheese with non-dairy creamer. Stir cream mixture into green bean mixture.
5. Place green bean mixture into prepared casserole dish and cook at 350 degrees for 30 minutes or until done.
6. Portion ½ c serving onto serving dish. Use immediately or refrigerate for up to 3 days.

Special Dietary Note:

For autoimmune diets, personal sensitivities must be considered.

PER SERVING (1/2 c):

Calories	60
Total Fat	1.7
Sodium	87
Potassium	184
Carbohydrates	7.5
Protein	3.8
Fiber	1.6