



Green Bean Casserole

Ingredients:

- 2 lbs. fresh green beans, trimmed and cut into bite-sized pieces
- 1 packet Diet Right Cream of Chicken Soup Mix
- 1 packet Diet Right Aged Cheddar Cheese, prepared with water or stock
- 2 tbsp. Margarine (I Can't Believe It's Not Butter, or equivalent)
- 8 oz. baby Bella mushrooms, thinly sliced
- 4 cloves garlic, minced
- ½ cup vegetable stock, 98% fat free
- Salt to taste
- Pepper to taste
- Onion flakes to taste

Directions:

1. Preheat oven to 375° Fahrenheit.
2. Heat a large pot of water on the stove, adding the green beans once boiling. Allow the green beans to boil for 3-5 minutes depending on how crispy you would like them. Err on the side of undercooking them, as they will cook more while in the oven. Strain the water and put the green beans aside.
3. In a sauté pan, melt margarine. Then add mushrooms, sautéing for 5 minutes, stirring occasionally until lightly browned and soft.
4. Add garlic and sauté for another 1-2 minutes.
5. Stir in Diet Right Mushroom soup mix (unprepared) until it is evenly dissolved, sautéing for another minute.
6. Mix in vegetable stock, then add prepared Cheddar Cheese.
7. Continue cooking sauce until it reaches a simmer and thickens.
8. Remove from heat then season with salt and pepper.
9. Combine the sauce with the green beans in the large pot and mix well.
10. Transfer to a 9x13 casserole dish, spreading evenly.
11. Sprinkle onion flakes on top to taste.
12. Put in the oven and bake for 25 minutes. Remove, and serve warm!

Servings: makes 4 servings.

Each serving = 1 cup occasional vegetables, ¼ cup select vegetables, daily healthy fat.

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