



Rockin' Lean Bean Casserole



1/8th of casserole: 95 calories, 2.5g total fat (0.5g sat. fat), 539mg sodium, 16g carbs, 3.5g fiber, 5g sugars, 3.5g protein

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Prep: 15 minutes **Cook:** 55 minutes



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Ingredients

Two 16-oz. bags frozen French-style green beans, thawed, drained, dried
Two 10.75-oz. cans 98% fat-free cream of celery condensed soup
One 8-oz. can sliced water chestnuts, drained
1 oz. (about 15 pieces) onion-flavored soy crisps, popped chips, or mini rice cakes, crushed

Directions

Preheat oven to 325 degrees. Spray a 2- to 3-quart rectangular casserole dish with nonstick spray.

Evenly layer ingredients in the casserole dish: half of the green beans, 1 can soup, and half of the water chestnuts. Repeat layering with remaining green beans, 1 can soup, and water chestnuts.

Bake for 45 minutes.

Top with crushed soy crisps/chips/rice cakes. Bake until crisps are lightly browned, about 10 minutes. Enjoy!

MAKES 8 SERVINGS

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