

Classic Green Bean Casserole



Hands-On Prep 10 MIN

Cook 35 MIN

Serves 4

1 Preheat the oven to 350°F. Spray an 8-inch-square baking dish with nonstick spray.

2 Cook the green beans according to package directions. Drain and transfer to a large bowl.

3 Spray a small nonstick skillet with nonstick spray and set over medium-high heat. Add the onion and sugar; cook, stirring frequently, until the onion starts to brown, 5–6 minutes. Transfer to the bowl with the green beans. Stir in the soup, cheese, Worcestershire sauce, and garlic powder. Pour the mixture into the baking dish and bake 25 minutes. Sprinkle with the onions and bake until bubbly, about 5 minutes.

4 cups frozen cut green beans
1 onion, chopped
1 teaspoon sugar
1 (10³/₄-ounce) can reduced-fat condensed cream-of-mushroom soup
³/₄ cup shredded fat-free sharp cheddar cheese
1 teaspoon Worcestershire sauce
¹/₂ teaspoon garlic powder
¹/₄ cup packaged French-fried onions

PER SERVING (1 cup): 165 Cal, 4 g Fat, 1 g Sat Fat, 0 g Trans Fat, 7 mg Chol, 764 mg Sod, 23 g Carb, 5 g Fib, 11 g Prot, 281 mg Calc.

POINTS value: 3.

Good Idea Serve this classic casserole with any of our savory meatloaves—like Beef and Mushroom Meatloaf, page 124, or Tex-Mex Meatloaf, page 125.