

## Reduced-Fat Green Bean & Mushroom Casserole

A few simple tweaks and this recipe is suitable for a postop bariatric surgery patient! Even better, your family won't notice it's any different!

Focus on the turkey breast and vegetables recipes like this to have a successful holiday meal. You will leave happy, satisfied and so thankful you didn't over-indulge! *One serving of this recipe is estimated at 60-80 calories. This recipe makes 8 servings*

### Ingredients:

- 1 white onion, diced
- 1 pkg sliced mushrooms
- 1 lb fresh green beans, trimmed and halved
- 1 can fat-free cream of mushroom soup
- 1/2 cup fried onions



### Directions:

1. Heat oven to 350F.
2. Steam the green beans using either a microwave steamer or a stovetop steamer basket. OR bring a pot of water to a boil and boil for 8 minutes, then drain. Set aside until ready for the green beans.
3. In a large dutch oven, spray with cooking spray and added onions. Cook until soft. Add mushrooms and cook a few more minutes.
4. Add fat-free cream of mushroom to the pot, stirring to combine ingredients. Add cooked green beans and stir until they are coated with mixture.
5. Spread the mixture in a 8x8 casserole dish. Sprinkle with fried onions. Bake for 10 minutes. Let cool before serving.

<http://www.foodcoach.me/2014/11/12/reduced-fat-green-bean-casserole/>