

Green Bean Casserole

18 oz. French-style green beans, frozen
1/3 cup onion, chopped
2 tsp. lowfat margarine
3 tbsp. fine dry bread crumbs
10 3/4 ounces lowfat condensed cream of mushroom soup
1/4 cup nonfat plain yogurt
2 tbsp. pimiento, diced

Preheat oven to 350°F. Cook the green beans according to the package directions, omitting salt. Drain well.

Meanwhile, in a small saucepan, cook the onion in margarine until onion is tender. Stir in bread crumbs.

In a large mixing bowl, stir together the soup, yogurt, and pimiento. Stir in the beans. Transfer mixture to a 1 1/2 quart casserole. Sprinkle bread crumb mixture on top of the beans.

Bake for 25-30 minutes or until the mixture is heated through and crumbs are golden. If desired, garnish with additional pimiento pieces. Makes 8 servings.

Nutrition information per serving: calories 55; protein 2 grams; fat 2 grams; sodium 174 mg