

Veggie Good Casserole

Colorful with green beans and corn!

12 servings

Ingredients:

1 can (15-ounce) green beans, drained
1 can (15-ounce) corn, drained
1/2 cup shredded low fat cheddar cheese
1/4 cup diced onion
1/2 cup nonfat sour cream
1 can (10.5-ounce) cream of celery soup
30 buttery crackers (Ritz, Town House, etc.) crushed
2 tablespoons margarine, melted

Directions: **1.** Preheat oven to 350 degrees. **2.** Spray 2-quart baking dish with cooking spray. Layer green beans and corn in dish. **3.** In small mixing bowl, combine cheese, onion, sour cream and soup. Spread over vegetables. **4.** In small bowl, combine cracker crumbs and margarine. Sprinkle mixture on top. **5.** Bake 30 to 40 minutes.

Nutrition Facts: One 1/2 cup serving provides 280 calories, 13g total fat, 5mg cholesterol, 610mg sodium, 37g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Veggie Good Casserole
Ham Slice
Apple Slices
Low Fat Milk

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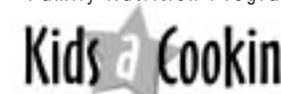
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