

# Veggie Good Casserole

Colorful with green beans and corn!



Level: Medium

12 - 1/2 cup servings

## Kids' Tool Kit

Can opener  
Knife  
Cutting board  
Colander  
Rolling pin  
Measuring cups  
Baking dish  
Cooking spray  
Mixing bowls  
Rubber spatula  
Hot pads or oven mitt

## Chef's Choice

Veggie Good Casserole  
Ham slice  
Apple slices  
Low fat milk

## 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:

**Remember to wash your hands!**

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.



**Helpful Hints:** This casserole has four easy layers: green beans, corn, sauce and crackers on top. Let kids count the layers as they assemble the casserole.

Use a colander to drain the green beans and corn really well before placing in baking dish.

A rolling pin makes crushing the crackers a fun job. Place the crackers in a plastic bag and let kids roll away!



**Safety Tips:** Remember four food safety tips before you start cooking and they all start with clean! Clean hands, clean countertops, clean can lids and a clean can opener.

## Nutrition Facts

Serving Size 1/2 cup (157g)  
Servings Per Container 12

Amount Per Serving	
<b>Calories</b> 280	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 13g	20%
Saturated Fat 2.5g	13%
<b>Cholesterol</b> 5mg	1%
<b>Sodium</b> 610mg	26%
<b>Total Carbohydrate</b> 37g	12%
Dietary Fiber 2g	9%
Sugars 6g	

### Protein 6g

Vitamin A 6%	•	Vitamin C 6%
Calcium 10%	•	Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).