

THIS WEEK'S RECIPE

As seen on hdnews.net



Veggie Good Casserole

- 1 can (15-ounce) green beans, drained
- 1 can (15-ounce) corn, drained
- 1/2 cup shredded low fat cheddar cheese -Dairy
- 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



Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Green Beans	#6
Corn.....	#6
Shredded Low Fat Cheddar Cheese	Dairy
Diced Onion.....	#6
Nonfat Sour Cream....	Dairy
Cream Of Celery Soup ...	#6
Buttery Crackers.....	#4
Margarine	Dairy

Nutrition Facts

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

Amount Per Serving	
Calories 280	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Cholesterol 5mg	1%
Sodium 610mg	26%
Total Carbohydrate 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



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