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Green Bean Casserole (S)

For many of our Trim Healthy Mamas, one of their favorite Holiday traditions is enjoying Grandma's Green Bean Casserole. One of the great things about THM is that we don't have to give up our favorite recipes during the holidays - we might just have to tweak them a little bit! This recipe is simple and easy. You're not going to miss using that red and white labeled canned soup either, because the flavor in this Green Bean Casserole is just as good - but so much healthier for you!

Serving Size: 8 or more people

INGREDIENTS:

Main Ingredients...

- 4 (15 oz) cans of cut green beans (*see the note below)
- 1 (4 oz) can of mushrooms, chopped small (pieces and stems variety works fine)
- 1 cup shredded cheddar cheese

Mayo Mixture...

- 1/2 cup mayonnaise
- 1/2 cup heavy whipping cream
- 1 tsp salt
- 1 tsp onion powder
- 1/2 tsp black pepper

Topping...

- 1/2 cup almond meal
- 1/2 cup Parmesan cheese (green can kind is fine)
- 1 tsp onion powder
- a few more pinches of salt and pepper
- thinly sliced onion rounds

(Continued...)

INSTRUCTIONS:

1. Mix green beans, mushrooms and shredded cheese into a 9x13 pan.
2. In a small bowl, mix up mayo mixture and pour into the bean mixture, stirring gently to coat.
3. Top with topping mixture, but do not stir in together.
4. Place a few thinly sliced onion rounds on the top.
5. Bake at 350 until bubbly and topping starts to brown.

RECIPE NOTE:

*Fresh or frozen green beans can be used, but you will want to cook them first, before adding to the casserole.

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The [Green Bean Casserole](#) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.