



Rockin' Lean Bean Casserole



1/8th of casserole: 95 calories, 2.5g total fat (0.5g sat fat), 539mg sodium, 16g carbs, 3.5g fiber, 5g sugars, 3.5g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 15 minutes **Cook:** 55 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

Ingredients

Two 16-oz. bags frozen French-style green beans, thawed, drained, dried
Two 10.75-oz. cans 98% fat-free cream of celery condensed soup
One 8-oz. can sliced water chestnuts, drained
1 oz. (about 15 pieces) onion-flavored soy crisps, popped chips, or mini rice cakes, crushed

Directions

Preheat oven to 325 degrees. Spray a 2- to 3-quart rectangular casserole dish with nonstick spray.

Evenly layer ingredients in the casserole dish: half of the green beans, 1 can soup, and half of the water chestnuts. Repeat layering with remaining green beans, 1 can soup, and water chestnuts.

Bake for 45 minutes.

Top with crushed soy crisps/chips/rice cakes. Bake until crisps are lightly browned, about 10 minutes. Enjoy!

MAKES 8 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.