

# Turkey (or Chicken) and Green Bean Casserole

Yield: 5 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/make-ahead-green-bean-thanksgiving-recipe-healthy>

## Ingredients:

- 14 1/2 ounces green beans cut or french style, drained
- 10 3/4 ounces cream of mushroom soup \*\*see note below
- 2 cups cooked turkey diced, or chicken
- 1 cup cooked rice
- 1/2 cup skim milk
- 2 3/4 ounces french fried onions

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 65 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 320 milligrams
9. Sugar: 4 grams

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