

## Green Bean Casserole 2

### Ingredients:

- 1 (10 oz) pkg frozen French-style green beans
- 1 (6 oz) can mushroom pieces, drained
- $\frac{3}{4}$  cup half and half
- $\frac{1}{4}$  cup almonds
- 1 cup pork rinds, crushed
- $\frac{1}{4}$  tsp pepper
- 2 tsp dried onion flakes

### Directions:

1. Combine pork rinds, pepper, and onion flakes in a small bowl; set aside.
2. Combine all remaining ingredients.
3. Set aside  $\frac{1}{4}$  cup of the pork rind mixture for topping. Stir in the remaining pork rinds into the green bean mixture and mix well.
4. Spoon into a well greased baking dish and topped with the  $\frac{1}{4}$  cup pork rinds.
5. Bake loosely covered at 350°F for 35 minutes.

### For Our Program:

#### *Nutrition Information:*

Servings = 12

Carbohydrates per serving = 2g