

Meatless Monday: Creamy Vegetable Casserole

Ingredients:

- 1 T olive oil
- 1 cup celery, chopped
- ½ cup onion, chopped
- 2 (15-ounce) cans low-sodium mixed vegetables, drained and rinsed
- 1 (15-ounce) can low-sodium corn, drained and rinsed
- 1 cup reduced-fat cheese, shredded
- ¾ cup low-fat sour cream
- 1 cup cornflakes, crushed

Directions:

Preheat oven to 350° F. Spray 9x9 baking dish with non-stick cooking spray. In large skillet, cook onions and celery in olive oil until softened. In large bowl, mix all ingredients (except corn flakes) until well combined. Pour into baking dish. Top with cornflakes. Bake 30-40 minutes or until hot throughout. Allow to sit 10 minutes before serving.

Nutrition:

Yield: 8 servings **Serving size:** ¾ cup
Calories 153, Fat 6g, Protein 6g, Fiber 4g, Sodium 368mg, Carbohydrate 19g



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