

Swiss Green Beans

Jody Newton

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

Servings: 6

*4 tablespoons butter
2 tablespoons flour
1 teaspoon salt
1 teaspoon pepper
1 teaspoon sugar
1/2 teaspoon grated onion
1 cup sour cream
4 cups cooked French-style
green beans
1/2 pound Swiss cheese,
shredded
2 cups corn flakes, crushed*

Preheat the oven to 400 degrees.

In a saucepan, melt 1/2 of the butter. Stir in the flour, salt, pepper, sugar and onion. Stir in the sour cream. Cook, stirring, until the sauce is hot and thickened. Fold in the beans and cheese. Empty into a baking dish.

In a saucepan, melt the remaining butter. Stir in the corn flakes. Sprinkle on top of the casserole.

Bake for 20 minutes.

Per Serving (excluding unknown items): 339 Calories; 26g Fat (68.7% calories from fat); 13g Protein; 14g Carbohydrate; trace Dietary Fiber; 72mg Cholesterol; 652mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.