



Swiss Green Beans

2 Tbsp butter
2 Tbsp flour
1 tsp salt
1/4 tsp pepper
2 tsp sugar
1/2 cup onion chopped fine
1 cup sour cream
4 cups drained french-style green beans
1/2 lb grated swiss cheese

DIRECTIONS

Mix butter, flour, salt, pepper and sugar in saucepan over low flame. Add onion. Remove from heat, cool and add sour cream. Mix this with green beans and swiss cheese, put in a greased casserole dish, bake at 400° for 20 to 30 minutes.

Nutrition Facts

Per Serving

Servings: 8

Calories: 196.8
Total Fat: 13.7 g
Saturated: 8.7 g
Polyunsaturated: 0.5 g
Monosaturated: 3.7 g
Cholesterol: 40.0 mg

Sodium: 732.7 mg
Potassium: 66.8 mg
Total Carbs: 8.8 g
Dietary Fiber: 0.2 g
Sugars: 1.1 g
Protein: 9.8 g

From the kitchen of: CATHY MARSHALL, Policy Processing Dept.