Baked Mixed Greens with Parmesan
Serving Size: 1/6 of recipe
Serves: 6

Ingredients
1 tablespoon olive oil
1 red bell pepper, chopped
½ cup sliced fresh mushrooms
2 cloves garlic, minced
1 teaspoon nutmeg
Pinch of salt
Black pepper to taste
2 (10 ounce) packages frozen chopped greens, thawed and drained
1 small onion, sliced paper thin
1 (10.75 ounce) can low sodium condensed cream of chicken soup
¼ cup Parmesan cheese, grated
½ cup bread crumbs

Directions
Preheat oven to 350 degrees.
In a large skillet, heat the oil. Sauté the bell pepper, mushrooms, garlic, nutmeg, salt, black pepper, greens and onions until the bell pepper is fork tender, about 5–8 minutes.

Stir in the cream of chicken soup. Transfer to a baking dish and top with parmesan cheese and bread crumbs. Bake for 20 minutes, or until heated through.

Exchanges per serving:
3 Vegetables, 1 Fat

Nutrients per serving:
Calories: 109
Calories from fat: 41
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 7mg
Sodium: 313mg
Carbohydrate: 13g
Dietary Fiber: 4g
Protein: 6g