

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