



Green Beans and Almonds

Yield: 4 Servings

Cost Per Serving: N/A

Cook Time: 40 minutes

Ingredients:

- Nonstick cooking spray
- 1 14.5 oz. can green beans
- 2 cloves fresh garlic (minced)
- 2 Tbsp almonds (unsalted)

Directions:

1. Spray a pan with cooking spray. Add green beans, garlic and almonds.
2. Stir and cook green beans over medium-high heat until warm. About 2-3 minutes. Serve with tuna casserole.

Tuna Casserole

Ingredients:

- Non-stick cooking spray
- 1 cup onion (chopped)
- 1 cup bell pepper (chopped)
- 1 cup celery (chopped)
- 15 oz. can tuna (lower sodium)
- 2 Tbsp mayonnaise (light)
- 3 Tbsp plain, yogurt (fat-free)
- ½ tsp black pepper
- ½ cup whole grain cereal flakes (crushed, unsweetened)
- ½ tsp red pepper flakes (optional)

Directions:

1. Preheat oven to 350°F.
2. Spray a medium oven-safe pan with cooking spray.
3. Add chopped onion, bell pepper and celery to pan and cook over medium high heat until the vegetables are soft, about 4-5 minutes. Stir occasionally.
4. Turn off medium high heat.
5. Add tuna, mayo, yogurt, and pepper to the pan and stir.
6. Spread crushed cereal on top of the casserole.
7. Cook in oven until warm, about 20 minutes.
8. Take out of oven and serve with green beans.