

Healthier Hash Brown Casserole

6 servings

Ingredients:

1 pound frozen hash browns, thawed
3/4 cup light sour cream
1/2 cup reduced-fat cheddar cheese
1 can (10 3/4 oz.) reduced sodium, low-fat cream of chicken soup
1 Tablespoon minced onions
1/4 teaspoon black pepper
Cooking spray

Topping:

1/2 cup crushed saltines (no-salt added)
1 Tablespoon melted margarine

Directions:

Preheat oven to 350°F.
Combine first six ingredients. Place in baking dish that has been sprayed with cooking spray.
Combine crushed saltines with melted margarine. Sprinkle over potatoes.
Bake for 30-45 minutes or until potatoes are tender. The internal temperature should reach 165°F.

Nutrition Information per serving:

Calories: 190calories
Carbohydrate: 24g
Fat: 8g

Sodium: 390g
Protein: 7g
Fiber: 2g