

SWEET-N-SOUR BEAN CASSEROLE

Easy to fix, good to eat.

4T butter or margarine, melted 1 t salt

½ c dark brown sugar1 c sour cream¼ c molasses2 T Dijon mustard

4 c canned Great Northern beans, drained & rinsed

Lightly whisk the melted butter or margarine, brown sugar, molasses, mustard, salt & sour cream in a mixing bowl until well blended. Toss in the Great Northern beans and stir until mixed together. Place in a baking dish. Bake for 35-40 minutes or until bubbly.

Serves 8-10.

Calories: 320, Carbohydrate: 47 grams, Protein: 12 grams, Fat: 10 grams.