

Ham Steak & Green Bean Recipes!

Yummy Green Bean & Ham Casserole

Ingredients:

- 24 oz of frozen whole green beans (that's ½ a bag of the Food Bank frozen green beans)
- 2 cans condensed cream of mushroom soup (or cream of chicken)
- 1 ham steak, thawed and cut into bite size pieces
- 1 cup shredded cheddar cheese
- 1 can french fried onions (if available)
- 1 cup corn chips, Ritz Crackers, potato chips, anything crunchy!

Directions:

Preheat oven to 350 degrees F. Place green beans and soup in a large microwave-safe bowl. Mix well and heat in the microwave on HIGH until warm (3 to 5 minutes). Stir in ham pieces and ½ cup of cheese and heat mixture for another 2 to 3 minutes. Transfer green bean mixture to a casserole dish and sprinkle with french fried onions (or the crunchy stuff) and remaining cheese. Bake in a preheated oven until the cheese melts and the onions/crackers just begin to brown.



Crispy Baked Parmesan Green Bean Fries

Ingredients:

- 24 oz of frozen whole green beans (that's ½ a bag of the Food Bank frozen green beans)
- ¼ cup grated parmesan cheese
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt & pepper
- 1 cup flour (put into a bowl)
- 2 eggs
- 1 cup of breadcrumbs (put into a bowl)



Directions:

Preheat oven to 425 degrees. Line a baking sheet with foil, and spray with non-stick cooking spray (or line with parchment paper if you have that). Pour ½ of the frozen bag of green beans into a microwavable bowl and microwave for 3-4 minutes, until just de-thawed. In a medium bowl, stir together the breadcrumbs, Parmesan cheese, garlic powder, onion powder, salt, and pepper. In a shallow baking dish or small bowl, whisk eggs. Dredge the beans in the flour, then dunk in eggs, and then coat in the breadcrumb mixture. Place green beans on prepared baking pan, making sure they are evenly spread out, and that none are laying on top of each other, (this will ensure even crispiness!) Bake 10-15 minutes or until coating turns golden brown and starts to crisp. Remove from oven and let cool for 5 minutes. Dip the fries in your favorite condiment!