

# Fresh and Light Green Bean Casserole

When I created [McClellandfamily.com/recipes](http://McClellandfamily.com/recipes), I thought the ONE person who would really love it, really get a lot of use out of it was my mom, Karen. This is the one recipe that she ever uploaded here (on June 9, 2008.) I'd add a picture, but I have no idea what this recipe is supposed to look like. I guess I'll have to make it and find out.

Serves: 6

Prep Time: 45 min.

2-9oz pkgs frozen French cut green beans, thawed and drained.

1 med. onion sliced into rings and separated (2 cups)

2 oz. Canadian bacon, cut into 1" pieces.

1/4 cup slivered almonds

1/4 cup sugar

1/4 cup white vinegar

2 TBS. canola oil

1/2 tsp. salt

1/4 tsp. liquid smoke

1. In a 1 1/2 qt. casserole, layer beans, onion, Canadian bacon and almonds.

2. In a small bowl, combine sugar, vinegar, oil, salt and liquid smoke. Mix with wire whip until sugar and salt are dissolved.

3. Pour over layers in casserole and MARINATE OVERNIGHT.

4. Bake at 350 degrees for 45 min.