

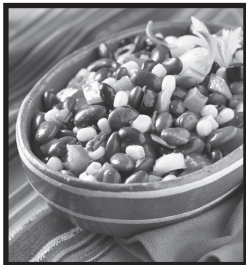
APRIL IS NATIONAL SOYFOODS MONTH

Black Bean Salad

Recipes provided by...

Soybeans

Nebraska Soybean Board



Quick Tip...

Like to pile high the toppings on those delicious nachos? Sprinkle on some soy crumbles to add a delicious bite of protein. Sprinkle soy "cheese" on top.

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INGREDIENTS...

- 1 Black soybeans (16 oz. can),
drained and rinsed
- 1 cup Drained canned or cooked corn kernels
- 1 cup Sliced celery
- 1/2 cup Diced sweet red peppers and green peppers
- 1/4 cup Sliced green onions and ripe olive
- 1/4 cup Soybean oil (vegetable oil)**
- 1/4 cup White wine vinegar, each
- 3/4 tsp Salt
- 1/2 tsp Chili powder

Combine drained soybeans, corn, celery, sweet peppers, green onions, olives and hot peppers in a large bowl; toss to mix. Combine remaining ingredients in a small bowl and whisk to blend all ingredients or in a cruet and shake until blended. Freshly ground pepper to taste. Pour dressing over soybean mixture and marinate at least 1 hour.

Makes 6 servings.

Per serving:

Calories: 180
Protein: 6.7 g
Carbohydrate:..... 15.5 g
Total fat:..... 10.8 g
Cholesterol:..... 0 mg
Sodium:..... 983 mg
Dietary Fiber: 4.9 g

Eat well. Eat soy.



Bean Team Demonstration

today from 10 am-4 pm at
Super Saver
27th & Cornhusker
Hy-Vee 40th & Old Cheney

For more enjoyable soy recipes call **800-852-BEAN**