

APRIL IS NATIONAL SOYFOODS MONTH

Green Bean Casserole

Recipes provided by...

Soybeans

Nebraska Soybean Board



INGREDIENTS...

- 1 can (28 oz.) cut green beans
- 1 can (10.75 oz.)
cream of mushroom soup
- 1 pkg (12 oz.) firm silken tofu**
- 1/2 cup french fried onions
- salt & pepper to taste

Per cup:

Calories:	98
Total fat:.....	6 g
Saturated fat:.....	1 g
Cholesterol:.....	1 mg
Sodium:.....	295 mg
Carbohydrate:.....	7 g
Protein:	5.3 g
Soy Protein:	2.8 g
Dietary Fiber:	0.5 g

Preheat oven to 350°F. Drain green beans. In a large bowl, mix green beans, mushroom soup, tofu and 1/2 cup dried onions together and pour in casserole.

Add remaining dried onions over top of casserole.

Bake uncovered for 45 minutes until bubbly.

Makes 6 cups.

***Soybean Fact...** Soyfoods, which are typically low in saturated fat, can be used to reduce or replace other protein sources with higher saturated fat content.*

nebrasCASoybeans.org

For more enjoyable soy recipes call 800-852-BEAN