

# APRIL IS NATIONAL SOYFOODS MONTH

## Soy Breakfast Sandwich

Recipes provided by...

**Soybeans**  
Nebraska Soybean Board



### INGREDIENTS...

- 1 biscuit
- 1 soy breakfast sausage-style pattie
- 1 (1 oz.) slice soy cheddar cheese

#### Per sandwich:

Calories: .....	200
Total fat:.....	9 g
Saturated fat:.....	2 g
Cholesterol:.....	1.8 mg
Sodium:.....	678 mg
Carbohydrate:.....	15 g
Protein: .....	14 g
Soy Protein: .....	8 g
Dietary Fiber: .....	2.5 g

Heat breakfast pattie in microwave.  
Slice biscuit and place cheese and  
breakfast pattie between biscuit.

**Makes 1 sandwich.**

### *Soybean History...*

Soybeans were first domesticated in Northern China around the 11th Century B.C. Soybeans didn't arrive in Europe and North America until the 18th Century.