

APRIL IS NATIONAL SOYFOODS MONTH

Creamy Pasta Casserole

Recipes provided by...

Soybeans

Nebraska Soybean Board



INGREDIENTS...

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| 12 oz whole-wheat penne pasta | 4 Tbs soy margarine |
| 2 cups (8 oz) green beans fresh or frozen, cut into 2-inch lengths | 2 cups (6 oz) grated soy Parmesan-style cheese |
| 1 1/4 cups (6 oz) ham, cut into 1/4-inch wide thin strips | 1/4 cup all-purpose flour |
| 1/2 cup thinly sliced green onions | 1/2 tsp ground black pepper |
| 3 cups soymilk, unsweetened, calcium-enriched | 2 cups diced tomatoes |
| | 1 cup (2 oz) whole wheat bread crumbs* |
| | 3/4 cup (3 oz) grated soy cheddar cheese |

Per serving:

Calories:	550
Total fat:	20 g
Saturated fat:	3.5 g
Cholesterol:	15 mg
Sodium:	110 mg
Carbohydrate:	65 g
Protein:	30 g
Soy Protein:	7.5 g
Dietary Fiber:	8 g

Preheat oven to 350°F. Prepare pasta as directed on package, except add green beans the last 3 minutes of cooking. Strain and place in large bowl. Stir in ham and green onions.

Bring soymilk and soy margarine to boil in medium pan. Carefully pour into blender. Add soy Parmesan Cheese, flour, and pepper. Cover and puree 15 seconds or until mixture is creamy and smooth.

Pour sauce over pasta and mix until blended. Place in 13x9x2-inch pan. Sprinkle tomatoes over pasta. Mix bread crumbs and soy cheddar cheese in small bowl. Sprinkle over tomatoes.

Bake at 350°F for 20 minutes or until sauce is hot and bubbling.

*To make bread crumbs, place bread slices in blender or food processor and pulse to a fine crumb.

Yield: 6 servings

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