

APRIL IS NATIONAL SOYFOODS MONTH

Roasted Soy Nuts

Recipes provided by...

Soybeans
Nebraska Soybean Board



Oven method:

Use up to 2 cups of beans per baking sheet. Soak beans for 8 hours or more. Drain the beans, then spread into a single layer. Bake at 350°F, stirring after 15 minutes then stirring every 5 minutes until golden brown and crunchy. The total time will vary depending on the moisture of the beans, but should take about 25 minutes. Watch carefully when the beans are getting close to done.

Microwave method:

Use 1 cup of beans that have been soaked 8 hours or more. Drain them well. Spread the beans into a single layer in a 9" or 10" glass pie plate. Microwave on high for 3 minutes. Stir, then cook 3 minutes more. After that, cook for 1 minute at a time, stirring after each minute to ensure even browning.

The total time will vary depending on the moisture of the beans and the wattage of the oven, but will probably take about 9 to 12 minutes. When the beans are beginning to get hard and golden, you may want to cook for 30-second intervals to avoid burning them. They are done when they are golden brown and crunchy.

Yield: 1/2 cup nuts from 1 cup beans

Per serving:

Calories:	122
Total fat:	6 g
Saturated fat:	1 g
Cholesterol:	0 mg
Sodium:	2 mg
Carbohydrate:	9 g
Protein:	10 g
Soy Protein:	10 g
Dietary Fiber:	5 g

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