Soy Breakfast Sandwich

INGREDIENTS...

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

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

Makes 1 sandwich.

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

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.

nebraskasoybeans.org

For more enjoyable soy recipes call 800-852-BEAN