



SIMPLY SOYFOODS

QUICK AND EASY RECIPES



THE Mighty Soybean



The **LEAN** protein is lower in saturated fat than other protein sources and naturally has no cholesterol.



PLANT-POWERED soy is better for the environment, using fewer natural resources such as water and land than any other protein source. The **GREEN** protein offers 941 pounds of protein per acre of land.¹



Like animal protein, **NATURALLY COMPLETE** soy protein is the only **HIGH-QUALITY** plant protein that contains all nine essential amino acids in the ratios needed for human growth and health.



Soy's **HEART-HEALTHY** protein is the only protein recognized by the FDA for its role in reducing cholesterol and the risk of cardiovascular disease.²

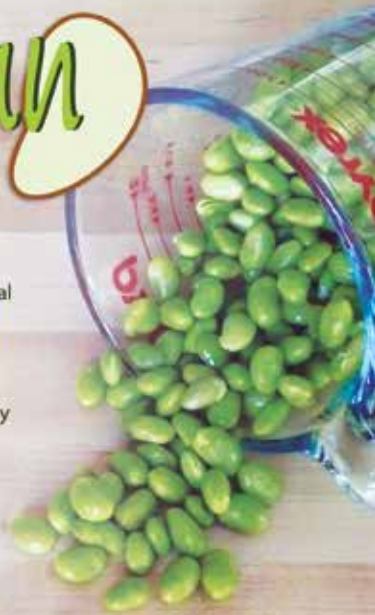


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¹ ARS Nutrient Database

² As part of a diet low in saturated fat and cholesterol, 25g soy protein per day may reduce the risk of heart disease.



GO GREEN SOY SMOOTHIE

Recipe brought to you by
United Soybean Board

INGREDIENTS:

- 1 cup light or unsweetened vanilla soymilk
- 1/2 banana, cut into pieces and frozen
- 1/2 ripe pear, cored and chopped
- 2 cups baby spinach

PREPARATION:

Puree all ingredients in blender until smooth.
Serve immediately.

This smoothie offers a healthy 111% of vitamin A and 49% of vitamin C for the day, as well as 26% iron.

Makes 1 serving.

Nutrition per serving: 230 calories, 12g protein, 36g carbohydrate (8g sugars), 10g dietary fiber, 5g fat, 0mg cholesterol, 100mg sodium

LEMON BLUEBERRY PANCAKES

Recipe brought to you by
Silk

INGREDIENTS:

- 1 1/4 cups all-purpose flour
- 2 tsp. baking powder
- 1 tsp. egg replacer
- 1/4 tsp. salt
- Pinch ground nutmeg
- 1 1/2 cups Plain Silk Dairy-Free Yogurt Alternative
- 1/4 cup vegetable oil
- 2 Tbsp. granulated sugar
- 1 Tbsp. lemon juice
- 2 tsp. finely grated lemon zest
- 2 tsp. vanilla extract
- 1 1/2 cups blueberries

PREPARATION:

Whisk together flour, baking powder, egg replacer, salt, and nutmeg; set aside. In separate bowl, whisk together yogurt alternative, 2 Tbsp. of the oil, sugar, lemon juice, lemon zest, and vanilla. Stir into flour mixture until just combined (batter will be lumpy). Let stand for 15 minutes.

Heat large, nonstick skillet over medium heat; brush with some of the remaining oil. Pour scant 1/4 cup batter per pancake into skillet, leaving space between each pancake. Add 1 Tbsp. of the blueberries to each pancake.

Cook, in batches, for 2 minutes or until bubbles form on surface; flip and cook for 1 or 2 minutes or until golden brown and set in the center. Wipe skillet between batches.

Serve with remaining blueberries and maple syrup.

Makes 6 servings.

Nutrition per serving: 260 calories, 6g protein, 34g carbohydrate, 2g dietary fiber, 11g fat (1g sat. fat), 0mg cholesterol, 230mg sodium



EDAMAME HUMMUS

Recipe brought to you by

United Soybean Board

INGREDIENTS:

- 2 cups shelled edamame, cooked according to package directions
- 1/4 cup soybean oil
- 3 Tbsp. lemon juice
- 2 tsp. garlic, chopped
- 3/4 tsp. cumin, ground
- 1/2 tsp. salt

PREPARATION:

Puree edamame, oil, lemon juice, garlic, cumin, and salt in food processor for 30 seconds, scraping sides twice, until almost smooth. Cover and refrigerate until ready to serve.

Serving tips: Serve with pita triangles, crackers, baguette, or raw vegetables.

Makes 14 2-tablespoon servings.

Nutrition per serving: 60 calories, 2g protein, 3g carbohydrate, 1g dietary fiber, 5g fat (0g sat. fat), 0mg cholesterol, 90mg sodium

KALE-GOAT CHEESE ARTISAN OLIVE BREAD

Recipe brought to you by

Kansas Soybean Commission

Photo provided by King Arthur Flour
National Festival of Breads Special Soy Award: Merry Graham, California

INGREDIENTS:

- 2 cups plain soymilk
- 1/2 cup water
- 1 1/2 Tbsp. agave nectar
- 2 (1/4 oz.) packages active dry yeast
- 3 - 4 large curly kale leaves
- 1 cup white whole wheat flour
- 5 - 5 1/4 cups all-purpose flour
- 2 Tbsp. soy flour
- 1/4 cup wheat germ
- 2 Tbsp. ground flax seed
- 2 Tbsp. vital wheat gluten
- 1 Tbsp. fine sea salt
- 1/2 cup crumbled goat cheese
- 1/2 cup chopped green olives
- 2 Tbsp. soy oil or vegetable oil
- 1 egg plus 1 Tbsp. water for egg wash
- 1 clove fresh garlic, grated
- 1/4 cup salted butter, melted
- 2 Tbsp. minced, fresh chives

PREPARATION:

Heat soymilk, water, and agave nectar to 110°F, add yeast and wait for mixture to foam, 5-10 minutes. De-stem kale and shred, making 2 cups loosely packed. Massage kale until soft.

In a stand mixer with dough hook, combine kale, flours, wheat germ, flax, gluten, salt, cheese, and olives. Stir in yeast mixture and oil, mix 3 minutes on medium speed. Knead dough 4-5 minutes to form a soft dough, gradually add remaining 1/4 cup flour, if needed. Place in greased bowl, cover, and let rise until size doubles, 1-1.5 hours.

Deflate dough and shape into two round loaves; place on parchment-lined cookie sheet. Make slashes across top and cuts around edges. Cover; let rise until doubled, about 40 minutes.

Preheat oven to 425°F. Pour 1 1/2 cups hot water into pan on bottom rack before baking. Brush loaves with egg wash. Bake loaves one at a time, 30-35 min. on middle rack until center is about 200°F, rotate cookie sheet halfway through.

Combine garlic, melted butter and chives, and brush on warm loaves. Serve remaining with bread. **Makes 44 servings.**

Nutrition per slice: 100 calories, 4g protein, 16g carbohydrate, 1g fiber, 2.5g fat (.5g sat. fat), 5mg cholesterol, 300mg sodium



SPINACH MUSHROOM TOFU QUICHE

Recipe by **Sharon Palmer, RDN,**
The Plant-Powered Dietitian,
sharonpalmer.com

INGREDIENTS:

Crust:

- 1 1/4 cups white whole wheat flour
- 1 Tbsp. ground flax seeds
- 1/4 cup soy oil or vegetable oil
- 1/4 cup plain soymilk

Filling:

- 1 tsp. soy oil or vegetable oil
- 1 onion, diced
- 2 medium cloves garlic, minced
- 1 1/2 cups sliced mushrooms
- 4 cups packed baby spinach leaves
- 1/4 tsp. each, salt and pepper
- 1/2 tsp. each: dried mustard, paprika, oregano, tumeric
- 15-oz. extra firm tofu, cubed
- 1/2 cup plain soymilk
- 1 Tbsp. nutritional yeast
- 1 Tbsp. reduced sodium soy sauce
- 2 Tbsp. whole grain breadcrumbs

PREPARATION:

Preheat oven to 375°F. Mix flour and flax seeds (optional: add dash of salt). Stir in oil and 1/4 cup soymilk, and mix to form a dough. Roll out on a lightly floured surface; fit into 9-inch pie pan. Pierce with a fork and bake for 10 minutes.

Heat 1 tsp. oil in a large skillet. Add onions and garlic and sauté for 6 minutes. Add mushrooms and sauté 3 minutes. Add spinach, pepper, salt, and herbs and sauté for about 2 minutes, until wilted. Remove from heat.

Blend tofu, 1/2 cup soymilk, nutritional yeast, and soy sauce until smooth, scraping down sides as needed. Stir blended tofu into spinach mixture, then pour into pie shell. Sprinkle with bread crumbs and return to oven for 50 minutes.

Remove from oven and cool slightly. Tip: Garnish with fresh chopped parsley for presentation.

Makes 8 slices.

Nutrition per slice: 255 calories, 14g protein, 24g carbohydrate, 5.5g dietary fiber, 13.5g fat (2g sat. fat), 0mg cholesterol, 274mg sodium

KALE, EDAMAME, AND QUINOA SALAD

Recipe brought to you by
Sunrich Naturals



INGREDIENTS:

Dressing:

- 1/2 cup olive oil
- 3 Tbsp. fresh lemon juice
- 1 Tbsp. minced shallot
- 1 1/2 tsp. Dijon mustard
- 1/2 tsp. grated lemon peel
- 1/2 tsp. sugar

Salad:

- 2 cups cooked quinoa
- 1 1/2 cups edamame, cooked and cooled
- 3 cups chopped kale, ribs removed
- 1 cup grape tomatoes, halved
- 1/2 onion, diced
- 1/2 cup dried cranberries
- 2 Tbsp. pumpkin seeds

PREPARATION:

For the dressing, whisk all ingredients in a small bowl until combined, season with salt and pepper.

For the salad, toss quinoa, kale, edamame, tomatoes, onion, and cranberries in a large bowl. Add dressing and toss until fully coated. Garnish with pumpkin seeds.

Makes 4 servings.

Nutrition per serving: 530 calories, 12.5g protein, 52g carbohydrate, 8.25g dietary fiber, 32g fat (3.75g sat. fat), 0mg cholesterol, 74mg sodium



GRILLED BALSAMIC TOFU WITH CAULIFLOWER CILANTRO RICE

Recipe brought to you by
House Foods

INGREDIENTS:

- 1 package House Foods Premium or Organic Tofu Firm or Extra Firm, drained and pressed well
- 1/4 cup balsamic vinegar
- 2 Tbsp. extra virgin olive oil
- 1 medium head cauliflower, grated
- 1 avocado, sliced
- 1 bunch cilantro, roughly chopped
- Salt and pepper to taste

Sriracha Mayo:

- 2 Tbsp. reduced fat mayonnaise
- 1/2 tsp. lime juice
- 1/2 tsp. sriracha sauce
- 1/4 tsp. minced garlic or garlic paste

PREPARATION:

Slice tofu into 1/2-inch slices and set aside. Whisk vinegar, olive oil, salt, and pepper together in a bowl. Pour over tofu and marinate for 20 minutes.

Meanwhile, mix together all ingredients for the Sriracha Mayo.

Cook the marinated tofu on a grill, 3 minutes on each side.

In a large bowl, combine grated cauliflower and chopped cilantro. Separate mixture into 4 serving bowls. Top with grilled tofu and sliced avocado and serve with Sriracha Mayo.

Makes 4 servings.

Nutrition per serving: 290 calories, 12g protein, 18g carbohydrate, 7g dietary fiber, 15g fat (2.5g sat. fat), 0mg cholesterol, 160mg sodium

MEDITERRANEAN GYROS

Recipe by Morningstar Farms

brought to you by

Dupont Nutrition and Wellness



INGREDIENTS:

- 2 (6-inch) whole wheat pita bread
- 1/2 cup fat-free plain Greek yogurt
- 1 Tbsp. chopped fresh mint or 1 tsp. dried mint
- 2 tsp. olive oil
- 1/8 tsp. salt
- 1/3 cup cucumber, chopped
- 4 MorningStar Farms Mediterranean Chickpea Burgers (thawed)
- 1/4 cup onion, chopped
- 2 cloves garlic, minced
- 1 tsp. dried marjoram
- 1/2 tsp. dried rosemary
- 1/8 tsp. pepper
- 2 Tbsp. lemon juice
- 4 to 8 thin slices tomato (optional)
- 1/4 cup feta cheese

PREPARATION:

Use knife to open each pita half into pocket. Set aside. In small bowl stir together yogurt, mint, 1 tsp. of the oil and salt. Stir in cucumber. Cover and refrigerate until needed. Cut Mediterranean Chickpea Burgers into 1/2-inch pieces. Set aside.

In large nonstick skillet cook onion and garlic in the remaining 1 tsp. oil over medium-high heat about 3 minutes or until tender. Stir in marjoram, rosemary and pepper. Add burger pieces and lemon juice. Cook and gently stir over medium-high for 2 to 4 minutes or until heated through.

Place 1 to 2 tomato slices in each pita pocket, if desired. Spoon burger mixture into pockets. Top with feta cheese. Serve immediately with yogurt mixture as dipping sauce.

Makes 4 sandwiches.

Nutrition per sandwich: 266 calories, 18g protein, 34g carbohydrate, 10g dietary fiber, 10g fat (2g sat. fat), 605mg sodium

HENRY FORD CHOCOLATE CHIP SOYNUIT COOKIES

Recipe brought to you by
the Michigan Soybean
Promotion Committee



Photo by veganbaking.net

INGREDIENTS:

- 1 1/2 cups light brown sugar, firmly packed
- 1 cup vegetable shortening or margarine
- 2 large eggs
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup soy flour
- 1 1/2 cups all-purpose flour
- 1 Tbsp. vanilla soymilk
- 1 tsp. vanilla
- 1 cup roasted soy nuts, coarsely chopped
- 2 cups semi-sweet chocolate morsels

PREPARATION:

Preheat oven to 375°F. Beat brown sugar and shortening in a large bowl. Add eggs one at a time, beating well after each addition. Mix in baking soda, salt, and soy flour. Add all-purpose flour gradually along with soymilk and vanilla. Stir in soy nuts and chocolate morsels.

Drop rounded spoonfuls onto ungreased baking sheets. Bake for 8 to 10 minutes or until golden brown. Let cool on wire rack.

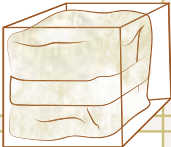
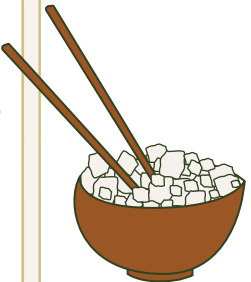


Makes 60 cookies.

Nutrition per cookie: 135 calories, 4.6g protein, 14.5g carbohydrate, 1.3g dietary fiber, 7g fat (2.5g sat. fat), 6mg cholesterol, 67mg sodium

SHOPPING FOR SOYFOODS

Tasty soyfoods can be found throughout the supermarket. Use this checklist to inspire you with easy ways to incorporate the nutritious benefits of soy into your everyday meals.

COOKING WITH SOYFOODS

<p>DELI</p> <ul style="list-style-type: none"> <input type="checkbox"/> VEGGIE DOGS and SOY DELI MEATS <input type="checkbox"/> SOYRIZO and SOY SAUSAGES 	<p>CEREAL & BREAKFAST</p> <ul style="list-style-type: none"> <input type="checkbox"/> PROTEIN-ENHANCED CEREAL <input type="checkbox"/> SHAKES AND PROTEIN POWDER 	<p>BAKING</p> <ul style="list-style-type: none"> <input type="checkbox"/> SOYBEAN and VEGETABLE OILS <input type="checkbox"/> SOY FLOUR <input type="checkbox"/> TEXTURED VEGETABLE PROTEIN <input type="checkbox"/> SHELF-STABLE SOYMILK 	<p>INTERNATIONAL</p> <ul style="list-style-type: none"> <input type="checkbox"/> MISO <input type="checkbox"/> SOY SAUCE and TAMARI 	<p>FREEZER</p> <ul style="list-style-type: none"> <input type="checkbox"/> VEGGIE BURGERS, NUGGETS and TENDERS <input type="checkbox"/> CRUMBLES <input type="checkbox"/> SOY-BASED MEALS and BREAKFASTS <input type="checkbox"/> FROZEN EDAMAME and MIXED VEGETABLES <input type="checkbox"/> FROZEN DESSERTS 	<p>DAIRY</p> <ul style="list-style-type: none"> <input type="checkbox"/> SOYMILK <input type="checkbox"/> SOY "YOGURT" <input type="checkbox"/> SOY CHEESE, CREAM CHEESE and SPREADS <input type="checkbox"/> COFFEE CREAMER
<p>PRODUCE</p> <ul style="list-style-type: none"> <input type="checkbox"/> FRESH EDAMAME <input type="checkbox"/> TOFU <input type="checkbox"/> TEMPEH <input type="checkbox"/> SHIRATAKI NOODLES 	<p>SNACKS</p> <ul style="list-style-type: none"> <input type="checkbox"/> SOY NUTS <input type="checkbox"/> SOY CHIPS <input type="checkbox"/> PROTEIN BARS 	<p>SPREADS</p> <ul style="list-style-type: none"> <input type="checkbox"/> SOY NUT BUTTER 			

Tofu: extra-firm replaces meat protein in recipes such as grilled kabobs and sandwiches, or use soft or silken in place of mayonnaise and sour cream in creamy dishes, such as soups and dips.

Edamame: serve these green soybeans in the pod for an appetizer or add to dishes, such as chili or stir-fry, for protein-packed flavor and texture.

Soy milk: ideal for beverages such as smoothies and lattes, over cereal and in cooked dishes, such as puddings or custards.

Dairy alternatives: a wide range of dairy-free products are available, including soy-based "yogurt," "cheese," and frozen desserts.

Soy crumbles: perfect for chili, spaghetti sauce, and tacos, this "veggie ground" contains 75% less fat than ground beef.

Soy flour: improves taste and texture and elevates the nutrition profile when mixed with wheat flour.



Michigan Soybean
Promotion Committee
www.michigansoybean.org



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