



# Lifestyle Menus

*A Soyfoods Primer with Recipes  
for Summer Time,  
Good Time,  
Anytime Events*

**BBQ**

**Cocktail Party**


**Formal Dinner**

***April is Soyfoods Month™***

SOYFOODS ASSOCIATION OF NORTH AMERICA

# SOY-LICIOUS SUMMER BBQ

By Dana Jacobi  
Chef/Author (*Amazing Soy*, William Morrow, 2001)

 *Grilling and soy go together like Ginger Rogers and Fred Astaire.*

*The grill makes soy sexy, adding irresistible smoky flavor, while soy adds classy benefits, like eliminating the nitrosamines that form on meat, poultry and fish, and cutting out saturated fat. Grilling soy is as easy as throwing some shrimp on the barbie if you use ready-made veggie burgers. I also make Tandoori-style Tofu Kebabs, crisp, tofu-topped Grilled Pizza, marinated tempeh burgers, and sizzlin' tempeh hot fajitas.*

*Secrets for great soy grilling include using an intense marinade, building on the bold, meaty flavor of tempeh, and picking the right type and texture of tofu. Also, oiling the cold grill well keeps tofu from sticking. At a barbecue, I like to serve soy side dishes such as colorful Lemon Molded Salad, Seven Layer Salad, And Pasta Salad With Walnut Pesto. Finishing with a flourish, when the fire is doused, I bring out luscious Fresh Peach Shortcake, Banana Cream Pie, And Pineapple Ginger Sorbet, all made with soy.*

# SOY-LICIOUS SUMMER BBQ CON'T

## Southwestern Bean Dip

No one will suspect there is soy in this rosy, zesty dip. The hot kick comes from chipotle chiles. Serve this with corn chips or vegetables. It's good spread on grilled veggie burgers, too. Makes 1 3/4 cups

One 15-ounce can soybeans, rinsed and drained	1 teaspoon sugar
1 large garlic clove, chopped	1 teaspoon ground cumin
3 tablespoons tomato paste	1 teaspoon dried oregano
2 tablespoons white vinegar	1/2 teaspoon onion powder
1 tablespoon canola oil	1/4 teaspoon chipotle powder
1/4 cup cilantro leaves	1 teaspoon salt
	Freshly ground black pepper

Place the beans, garlic, tomato paste, vinegar, oil, cilantro, sugar, cumin, oregano, onion and chipotle powders, and salt in a food processor. Process until they are well blended, stopping two or three times to scrape down the sides of the bowl. Season with pepper to taste. The spread will keep for up to 4 days, covered and refrigerated.

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<b>Per 2 Tablespoons:</b> Calories 82 ° Soy Protein 6.8 g ° Total Protein 7.0 g ° Carbohydrates 5.5g ° Fat 3.7 g ° Saturated Fat 0.1 g ° Cholesterol 0 mg ° Fiber 0.5 mg ° Sodium 185 mg
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## Lemon Molded Salad

Molded gelatin salad is usually the first thing to disappear at a backyard cookout. Instead of cottage cheese, finely diced tofu floats together with crushed pineapple in this one. Ginger ale adds zing that really makes it sparkle. Serves 12

Two packages lemon gelatin dessert  
1 1/3 cups chilled ginger ale  
8 ounces firm silken tofu, cut in 3/8-inch cubes  
1/2 cup finely chopped celery  
1/2 cup canned crushed pineapple, well drained  
2 teaspoons fresh lemon juice

1. Pour 1 1/3 cups boiling water over the gelatin, following the package directions to dissolve the gelatin, in a metal mixing bowl.
2. Add the ginger ale, tofu, celery, pineapple, and lemon juice. Set the bowl in a larger bowl filled with ice water. Let it sit, stirring occasionally, until the gelatin has thickened enough to keep the solids evenly mixed.
3. Pour the gelatin mixture into a 6- or 8-cup ring mold. Cover with plastic wrap and refrigerate until the gelatin is firmly set, at least 4 hours, up to overnight. Unmold just before serving. This salad will keep for up to 3 days, covered and refrigerated. Note: Vegetarians can use kosher gelatin dessert

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<b>Per Serving:</b> Calories 94 ° Soy Protein 1.2 g ° Total Protein 3.3 g ° Carbohydrates 20.5g ° Fat 0.3g ° Saturated Fat 0.1 g ° Cholesterol 0.5 mg ° Fiber 0.4 mg ° Sodium 82 mg
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# SOY-LICIOUS SUMMER BBQ CON'T

## Grilled Salmon with Edamame Coulis

Serves 4

Four 6-ounce salmon fillets  
1/4 cup sweet or mellow white miso

### Edamame Coulis

3 large garlic cloves  
1/3 cup frozen shelled edamame plus 2 tablespoons  
1 tablespoon silken tofu, at room temperature  
1 teaspoon mushroom soy sauce or tamari  
Salt and freshly ground black pepper

1 teaspoon grapeseed or canola oil  
2 teaspoons roasted sesame oil  
Salt and freshly ground black pepper

1. Coat the salmon on both sides with the miso, using a tablespoon for each piece of fish. Set the fish on a plate, cover with plastic wrap, and refrigerate for 2 hours. Do not overmarinate, or the salt in the miso will start curing the fish.
2. Generously oil the grill. Heat it.
3. For the sauce: Place the garlic in a small saucepan with 1 cup cold water and bring to the boil for 1 minute over medium-high heat. Drain the garlic and repeat this two more times, boiling the garlic 3 minutes in all. It will have the texture of a boiled onion. Coarsely chop the garlic.
4. Boil all the edamame until they are soft, 5 to 6 minutes. When the beans are cool enough to handle, squeeze to pop each one out of the thin skin covering the bean. Place 1/3 cup of the peeled beans in a blender. Reserve the remaining beans for garnish.
5. Add the blanched garlic, tofu, soy sauce, and 3 tablespoons warm water to the blender. Purée, adding more water if needed, a tablespoon at a time, to make a sauce that is smooth and spoonable. Season to taste with salt and pepper, and set aside.
6. Scrape the miso off the salmon. Wipe it with a damp paper towel to remove any remaining traces. Place the salmon on the hot grill, skin side up. Cook until it well marked, 2 to 3 minutes. Rotate the pieces of fish 90 degrees and cook until grill marks are dark. Turn the fish. Cook until it is pink and still translucent in the very center, 3 to 5 minutes, depending on the thickness of the fillets. (They will continue cooking after being removed from the grill.) Transfer the fish to a plate and let it sit for 5 minutes.
7. Drizzle the edamame sauce generously on the plate. Set a piece of the salmon in the center of the sauce. Garnish with a tablespoon of the cooked edamame, sprinkled around the plate.

# SOY-LICIOUS SUMMER BBQ CON'T

## Peach Shortcake

6 cups sliced fresh peaches, or 5 cups partially defrosted frozen peaches  
1/3 cup sugar

### For Shortcake

1 cup unbleached all-purpose flour  
1/2 cup soy flour  
1/4 cup sugar plus 1 tablespoon  
1 1/2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/8 teaspoon salt  
6 tablespoons (3/4 stick) cold, unsalted butter, diced  
1/2 cup low-fat buttermilk  
1 egg white, beaten until frothy

Fresh raspberries, for garnish

1. Toss the peaches with the sugar in a bowl. Set aside for 1 hour, until the fruit is moist, and a light syrup collects in the bottom of the bowl.
2. Set a rack in the center of the oven. Preheat the oven to 425° F.
3. Combine the flour, soy flour, 1/4 cup sugar, baking powder, baking soda, and salt in a bowl. Cut in the butter, using a pastry cutter or a fork, then your fingertips, until the mixture resembles coarse meal.
3. Lightly flour a work surface. Add the buttermilk to the dry ingredients. Stir with a fork just until the dough comes together. It will be soft and moist. Turn the dough out onto the floured surface. Knead it just until the dry bits are absorbed and the dough is fairly smooth, about 30 seconds. Do not over work, or the shortcakes will be tough.
4. Roll out the dough to a rectangle 3/4-inch thick. Dip the edge of a 2 1/2-inch biscuit cutter, round cookie cutter, or drinking glass in your sack of flour. Cut 2 1/2-inch rounds from the dough. Gently press the scraps together and reroll until you have 6 shortcakes. Brush the tops with some of the egg white. Sprinkle to coat them evenly with the tablespoon of sugar. Place the shortcakes on the baking sheet.
5. Bake the shortcakes for 13 to 15 minutes, or until they have risen to about 1 1/2 inches and are golden brown on top. Transfer the shortcakes to a rack, and cool completely. These shortcakes will keep for 24 hours, wrapped tightly in foil.
6. To serve, split the cooled shortcakes, using the tines of a fork, as you would an English muffin. Place the bottom of each shortcake in the center of a dessert plate. Cover each with a quarter of the peaches. Spoon the syrup from the bowl over the fruit. Set the top of the shortbread over the fruit. Sprinkle some raspberries on the plate around it. Serve immediately

<b>Per Serving:</b> Calories 392 ° Soy Protein 2.9 g ° Total Protein 7.5 g ° Carbohydrates 55.3 g ° Fat 16.8 g ° Saturated Fat 10.6 g ° Cholesterol 44.7 mg ° Fiber 4.3 mg ° Sodium 195.8 mg
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# SOY-CREATIVE COCKTAIL PARTY & FRESH, FUN FORMAL DINNER

By Patricia Greeberg  
Chef/Nutritionist/Author  
(*The Whole Soy Cookbook*, William Morrow )

**H**aving a few friends over?

Unexpected guests drop by? How do you entertain--or simply snack--and still make sure you get your soy protein? It's a cinch! Soy products--from "sausages" and various cheeses to tofu -- make fabulous appetizers. Low in fat, free of cholesterol and crammed with the goodness of soy, they are easy to use and flexible. With a few basic soy products on hand, you can whip up quick, delicious appetizers and snacks in no time. In addition to making good eating, these tidbits make good sense. The appetizers here range from the simple to the exotic.

Here are a few ideas for easy entertaining using soy foods: Crispy Tofu with Plum and Ginger Sauce, aromatic Soy Cream Cheese and Tempeh filled Marinated Eggplant Slices. Serve any of these dishes as a first course for a dinner or as part of a buffet. You can use soy in old favorites, or you can use it to experiment. That is how I came up with the incredible Soy Cheese, Sausage and Spinach Pastry Rolls. I saw something like it at a dinner party, and I couldn't wait to get home and whip up a soy version of my own. Soy appetizers can make simple snacks, casual dinners or lavish buffets as nutritious as they are delicious. Best of all, people won't even know they're getting healthy food.

# SOY-CREATIVE COCKTAIL PARTY

## Crispy Tofu with Plum and Ginger Sauce

Smooth tofu gets a crisp, brown crust in this Japanese-inspired delicacy. The warm tofu is then swathed in flavorful Plum and Ginger Sauce for a dish with both memorable taste and texture. You can cut the tofu in large slices for an appetizer or light meal or in small bite-sized chunks for hors d'oeuvres.

### For the Plum and Ginger Sauce:

4 cups Vegetable Stock	2 pounds firm tofu
1/2 cup plum jam	1/2 cup whole wheat flour
1 tablespoon soy sauce	4 tablespoons corn starch
1-in. piece fresh ginger, peeled & minced	1/2 cup vegetable oil
2 tablespoons apricot preserves	1/4 cup sesame seeds

1. Bring the vegetable stock to a boil and add the plum jam, soy sauce and ginger. Stir vigorously to dissolve the jam.
2. Let the stock boil once again and add the apricot preserves. Lower the heat and simmer, uncovered, until the mixture is reduced to a slightly syrupy consistency, about 30 minutes. (Extra sauce keeps, refrigerated, for about 1 month.)
3. Meanwhile, slice each pound of tofu into 16 slices (or into bite-sized cubes for hors d'oeuvres). Combine the flour and corn starch and coat the tofu slices evenly with the mixture.
4. Heat the oil in a large frying pan and add only as many pieces of tofu as will fit without crowding. Brown them evenly and set aside on absorbent paper. Continue until all the tofu is cooked.
5. Place 4 pieces on each plate and pour about 3 tablespoons of plum sauce over each serving. Sprinkle with sesame seeds and serve at once. Serves 6 to 8 as a first course or makes 32 hors d'oeuvres.

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<b>Per Serving:</b> Calories 236 ° Soy Protein 9 g ° Total Protein 11.3 g ° Carbohydrates 29.1 g ° Fat 10 g ° Cholesterol 10 mg ° Fiber 3.1 mg ° Sodium 140 mg
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# SOY-CREATIVE COCKTAIL PARTY CON'T.

## Soy Cream Cheese and Tempeh-Filled Marinated Eggplant Slices

Inspired by a traditional Provençal dish, this delicious appetizer is easy to assemble. Sautéed eggplant slices are rolled around a soy cheese and Tempeh filling and then marinated in an herb-infused vinaigrette. You can serve them whole or sliced. They keep in the refrigerator for up to 3 days, gaining in flavor the longer they marinate.

2 medium eggplants  
2 teaspoon salt  
1 cup olive oil  
8 ounces soy cream cheese  
8 ounces Tempeh, crumbled  
1/3 cup red wine vinegar  
3 cloves garlic, minced  
1/4 cup chopped Italian parsley  
2 sprigs fresh oregano  
1/3 cup chopped fresh basil  
1/8 teaspoon salt  
1/8 teaspoon pepper

1. Trim the cap and end from the eggplants and cut each into 1/8-inch slices. There should be about 24 slices. Line several cookie sheets with paper towels and lay the slices on them. Sprinkle the slices with salt and let them drain for 30 minutes. Rinse eggplant and pat them dry.
2. In a large saute pan, heat 2 tablespoons of olive oil and saute 6 eggplant slices at a time until they are golden brown, 2 to 3 minutes per side. Set the cooked slices aside on paper towels. Adding 2 tablespoons of oil for each batch, continue until all the eggplant has been browned.
3. Spread each slice of eggplant with 1 tablespoon cream cheese, sprinkle the crumbled Tempeh on top, and roll up the eggplant slice. Tightly pack them, seam side down so that they do not unroll, in a shallow baking pan.
4. In a separate bowl whisk together the remaining olive oil, vinegar, garlic, parsley, basil, salt and pepper to taste and pour over the eggplant rolls to marinate.
5. Place in refrigerator and marinate overnight up to three days. Serve chilled or at room temperature. Serves 6 as an appetizer or serve individually as hors d'oeuvres.

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<b>Per Piece:</b> Calories 170 ° Soy Protein 7 g ° Total Protein 7 g ° Carbohydrates 6 g ° Fat 13 g ° Cholesterol 0 mg ° Fiber 2 mg ° Sodium 46 mg
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# SOY-CREATIVE COCKTAIL PARTY CON'T.

## Soy Sausage Spinach Cheese Rolls

These crispy, bite-sized spirals of soy sausage, spinach and cheese in a golden crust work well when feeding a large group because the recipe may be doubled easily and prepared in advance. They must be baked just before serving, however, to be at their airy, golden best.

One 10-inch sheet pre-made puff pastry  
1/4 cup soy milk  
One 10-ounce package of frozen chopped spinach  
One 14-ounce package ground soy sausage, crumbled  
6 ounces soy mozzarella, grated  
1/4 cup soy parmesan  
1 small leek, minced  
1 clove garlic minced

1. Preheat oven to 400'. Thaw pastry for 30 minutes, and thaw the spinach. Squeeze by handfuls to remove excess water and place in a mixing bowl.
2. Add the Crumbled sausage, cheeses, leek and garlic to the spinach and combine thoroughly.
3. Unfold pastry onto a flat surface and brush it with soy milk. Spread the spinach mixture evenly over the entire surface of the pastry.
4. Roll the pastry up, jelly-roll style, and cut crosswise into 18 slices. Place on a baking sheet lined with parchment-paper and brush the tops with the remaining soy milk.
5. Bake for 15 minutes. Makes 18 pieces.

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<b>Per Piece:</b> Calories 122 ° Soy Protein 8.7 g ° Total Protein 9 g ° Carbohydrates 8 g ° Fat 5.3 g ° Cholesterol 0 mg ° Fiber 2 mg ° Sodium 250 mg
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# FRESH, FUN FORMAL DINNER

## Soy Mozzarella Caprese

8 ounces soy mozzarella, sliced thinly  
3 Roma tomatoes, sliced thinly  
6 basil leaves, shredded  
Extra virgin olive oil as needed

1. On a serving platter, arrange cheese and tomato in concentric circles, overlapping them like shingles. Sprinkle them with the shredded basil leaves and chill. Drizzle a little olive oil on top before serving. Serves 6 to 8 as an appetizer.

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<b>Per Serving:</b> Calories 100 ° Protein 6 g ° Carbohydrates 4.5 g ° Fat 7 g ° Cholesterol 0 mg ° Fiber 2 mg ° Sodium 195 mg
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## Fusilli with Tofu and Soy Parmesan Pesto Sauce

1 pound Fusilli pasta  
1 pound extra firm tofu  
2 cups basil leaves, chopped  
3 whole garlic cloves  
2 tablespoons pine nuts  
1/2 cup soy parmesan cheese  
4 tablespoons olive oil

1. Cook fusilli in a large quantity of boiling water.
2. Cut the tofu into cubes and place in a large glass bowl.
3. Meanwhile, put the basil, garlic, pine nuts and cheese in a blender. Turn the blender on medium speed and while it is running, drizzle the olive oil over the top, until all ingredients are thoroughly combined.
4. Drain the fusilli and combine with the tofu. Pour the Pesto over it. Toss lightly to combine. Serve warm or at room temperature. Serves 6 to 8.

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<b>Per Serving:</b> Calories 365 ° Protein 16 g ° Carbohydrates 46 g ° Fat 12 g ° Cholesterol 0 mg ° Fiber 2 mg ° Sodium 132 mg
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# FRESH, FUN FORMAL DINNER

## Soy Chocolate Layer Cake with Creamy Chocolate Tofu Frosting

Serves 12

- 1/2 room temperature coffee
- 1/3 cup cocoa powder
- 1/4 cup soy yogurt
- 1/2 teaspoon vanilla extract
- 1/3 cup soft soy margarine
- 1 cup all purpose flour
- 1 tablespoon cornstarch
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup sugar
- 2 egg whites, large
  
- 1 1/2 cups Chocolate frosting (recipe follows)

1. Pre heat oven to 350' and grease or line 1, 8" cake pan with parchment paper.
2. Add the cocoa powder to the coffee, mixing until it forms a paste. Stir in the yogurt, vanilla, and margarine, and set aside.
3. Mix together, one ingredient at a time, flour, cornstarch, baking soda, salt, and sugar until thoroughly combined.
4. In a separate bowl, beat egg whites until they reach the soft peak stage.
5. Using a hand mixer, combine the coffee-chocolate paste with the flour mixture, and beat until smooth. Fold in the egg whites.
6. Pour into the cake pan, and bake for 35

minutes, or until a toothpick comes out clean.

7. Cool slightly before removing from the pans, and cool completely. Cut the cake into two layers

### Tofu Chocolate Frosting

- 62 ounces soft tofu
  - 1/4 cup cocoa powder
  - 1/2 teaspoon vanilla extract
  - 1/4 cup soft soy margarine
  - 2 ounces of chocolate chips
  - 1 1/2 - 2 cups powdered sugar
  - soymilk optional
1. In a food processor puree the tofu until smooth. While processing, add the cocoa powder and vanilla extract. Transfer to a large mixing bowl.
  2. Over a double boiler, melt the chocolate chips, with the margarine Add to the tofu mixture, and with a hand mixer combine until smooth.
  3. Add the powdered sugar, a little at a time until it is completely combined. It should be stiff enough to hold up when frosting. If it is too stiff, drizzle soymilk into the mixture until you reach the desired consistency.

Frosting can be stored in an airtight container and refrigerated or frozen.

<b>Per Serving:</b> Calories 281 ° Protein 4 g ° Carbohydrates 44 g ° Fat 11 g ° Cholesterol 0 mg ° Fiber 2 mg ° Sodium 261 mg
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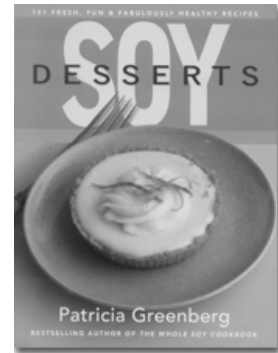
# Biography

## Patricia Greenberg

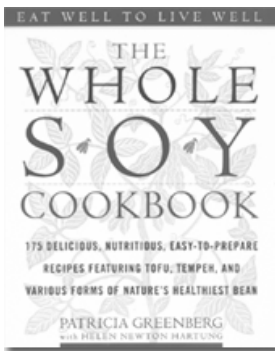


Patricia Greenberg, a Certified Culinary Professional, is a nutritionist and professionally trained chef who promotes wellness through food and nutrition. Having a passion for food and cooking from a very young age, she earned a Bachelor of Science in Nutrition from Queens College in New York, and a Culinary Arts Certificate from the Scottsdale Culinary Institute in Scottsdale, Arizona.

Based in Los Angeles, Patricia owns and operates the Fitness Gourmet, a successful education consulting firm that specializes in teaching nutrition and healthy cooking both to chefs and amateur cooks nationwide. She is an expert in bringing a health and fitness oriented approach to menu planning, and has taught thousands of students how to improve their health through food. She has a special interest in enhancing the education of the general public, providing accurate nutrition and health information to today's consumer.



Locally, she works with Ralph's Supermarkets developing recipes for their monthly newsletter, and Ms. Greenberg chairs the cooking demonstrations at the Los Angeles Tofu Festival each August. Most recently, Patricia wrote two books, The Whole Soy Cookbook, and Soy Desserts, which led to her hosting a nationally televised PBS series Soy Matters, and has been a guest on several national television programs including Today with Katie Couric, The Food Channel, and CNN's On the Shelf. She is a frequent contributor for nutrition information on ABC News in Los Angeles, and hosts a weekly radio show there called Local Flavor on KSCN, 88.5 FM at California State University, Northridge.



# Biography

## Dana Jacobi



Dana Jacobi, certified Culinary Professional, is known for FIRSTS. An award-winning, best-selling author, marketing consultant, and spokesperson, she is a leader in showing mainstream consumers how delicious, creative food can be healthful.

As Senior Producer for Food and Wine at Prodigy, she created and edited the first interactive online site viewed by millions.

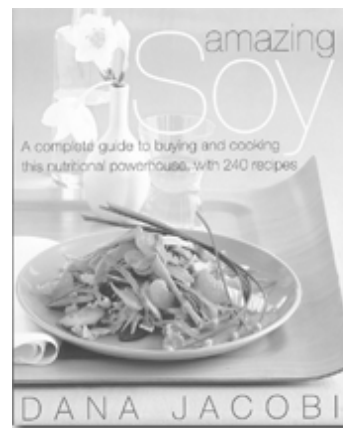
*The New York Times* rated the canned natural chicken broth she developed “best on the market,” and her two soy cookbooks have received international honors.

*Amazing Soy* (William Morrow), the most comprehensive sourcebook and sole mainstream cookbook for soyfoods, won The Gourmand World Cookbook Award for Best Single Subject Cookbook in English, and *The Joy of Soy* (Prima Publishing) was a James Beard Foundation nominee for its revolutionary redefinition of cooking with soy. She wrote the soy section for the new *Joy of Cooking*, and *The Best of Claypot Cooking* (HarperCollins/SF) has sold 90,000 copies. *The Cardiovascular Cure* by John P. Cooke, M.D. (Broadway Books), and *Stopping Cancer Before It Starts* (Golden Books), feature her recipes.

Appearing in 758 U.S. newspapers, her weekly newspaper column, Something Different, helps readers enjoy new foods and techniques. *Cooking Light*, *Vegetarian Times*, *Eating Well*, *Food & Wine*, the Associated Press and *The New York Times* carry her work.

Jacobi has led soy seminars at The Culinary Institute of America, The Fancy Food Show, and International Association of Culinary Professionals. At the U.S. Dept. of Agriculture, she showed how soy fits the federal School Lunch and WICC programs. In April, she will repeat this program for the U.S. Congress. As a consultant, she has worked with Faith Popcorn’s BrainReserve, Kings Supermarkets, and Arrowhead Mills, Inc.

Jacobi apprenticed with Alain Senderens at L’Archestrate and other 3-star restaurants in France. She created and marketed her own line of Chinese sauces, nationally in specialty stores and supermarkets, and operated a catering service in New York City, where she lives. Prior to that she was a brand manager with Kraft-General Foods, CPC International, and Warner-Lambert Inc., and Director of Marketing at Chanel, Inc.



*All recipes in this Soyfoods Lifestyle Menu packet were provided by Patricia Greenberg and Dana Jacobi, two SANA Member Chefs and cookbook authors who have dedicated their professional careers to creating delectable dishes that incorporate healthy soy products and are suitable for any occasion.*

*Both Patricia and Dana are available for interview, and are more than willing to assist in the creation of unique and easy-to-prepare recipes and menus -- or discuss soyfoods replacements in traditional recipes -- in conjunction with Soyfoods Month 2003. If you're planning a soyfoods-based feature for this April or beyond, please contact Jennifer Johnson-Avril/Foundry Communications at 718-596-5229 or [jjohnson-avril@foundrycomm.com](mailto:jjohnson-avril@foundrycomm.com).*