



SIMPLY SOYFOODS

QUICK AND EASY RECIPES

SOYFOODS: ENDLESS POSSIBILITIES

It's easy to incorporate tasty and healthy soyfoods into your family's meals and snacks. Soyfoods are cholesterol free, high in complete protein, fiber and iron, and contain essential omega-3 fatty acids. Packed with high-quality protein, soyfoods will keep your family energized and satisfied all day long.

The possibilities are endless with something for everyone. You can make soy lattes or muffins for breakfast. Soy burgers, edamame hummus, and even tofu fries are easy options for snacks or meals. You can even make soups and desserts with soyfoods. Learn more at soyfoods.org.

Be sure to follow [facebook.com/soyfoodsassociation](https://www.facebook.com/soyfoodsassociation) for weekly "swapportunities" each Wednesday and [pinterest.com/soyfoods](https://www.pinterest.com/soyfoods) for hundreds of recipe ideas.





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SILK PARFAIT

Recipe brought to you by
Silk

INGREDIENTS:

- 4 Tbsp. oatmeal or granola
- 1 container of Silk Vanilla cultured soymilk
- Fresh mixed berries

PREPARATION:

In a parfait dish, layer 2 Tbsp. oatmeal or granola, 1/2 container of Silk Vanilla cultured soymilk, fresh mixed berries, the remaining 1/2 container of Silk Vanilla cultured soymilk, 2 Tbsp. oatmeal or granola, and top with mixed berries.

Makes 1 serving.

Nutrition per parfait: 247 calories, 7g protein, 46g carbohydrate, 5g dietary fiber, 4g fat, 23mg sodium



BERRY STREUSEL MUFFINS

Recipe brought to you by

Silk

INGREDIENTS:

Streusel:

- 1/4 cup unbleached flour
- 1/4 cup brown sugar
- 1/4 cup rolled oats
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 3 tsp. unsalted butter

Muffins:

- 2 cups unbleached flour
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/3 cup brown sugar
- 2 eggs
- 2 containers Silk® Blueberry Soy Fruity & Creamy cultured soymilk
- 1/4 cup applesauce
- 1/4 cup vegetable oil
- 1 tsp. vanilla extract
- 1 cup fresh or frozen blueberries

PREPARATION:

Preheat oven to 375°F. Grease or line a 12-cup muffin tin with paper muffin cups. In a small bowl, combine flour, sugar, oats, cinnamon and nutmeg. Use a pastry blender or fork to cut in the butter until the mixture is combined and crumbly. Set aside.

In a medium bowl, whisk together flour, baking powder, baking soda and salt. Set aside. In the bowl of a stand mixer, beat sugar and eggs. Beat in yogurt, oil and vanilla.

Fold flour mixture into yogurt/egg mixture, just until combined. Add blueberries. Do not over mix. Spoon into prepared muffin tin, filling cups 3/4 full. Evenly divide streusel between muffins.

Bake for 20 minutes until tops spring back.

Makes 12 muffins.

Nutrition per muffin: 277 calories, 5g protein, 34g carbohydrates, 2g dietary fiber, 14g fat, 262mg sodium



CINNAMON ICED LATTE

Recipe brought to you by

Soy Dream®

INGREDIENTS:

- 1/2 cup espresso coffee powder
- 2 tsp. orange peel, finely grated
- 4 cups hot water
- 1 1/2 cups Soy Dream® Vanilla Soymilk
- 3 Tbsp. Hain® Organic Brown Sugar
- 4 ice cubes

PREPARATION:

Pour coffee powder, orange peel and hot water into a heat-proof pitcher.

Stir in soymilk, sugar and ice cubes. Chill for 3 hours. Divide between 6 tall glasses and top with a sprinkle of cinnamon powder.

Makes 6 servings.

Nutrition per glass: 39 calories, 2g protein, 6g carbohydrate, 0.5g dietary fiber, 1g fat, 34mg sodium

WAKE-UP SMOOTHIE

Recipe brought to you by
the Michigan Soybean
Promotion Committee,
from Put A Little SOY
In Your Life! cookbook



INGREDIENTS:

- 1 1/4 cups orange juice
- 1 banana
- 1/2 cup low-fat silken tofu
- 1 Tbsp. sugar
- 1 1/4 cups frozen berries – raspberries, blackberries, blueberries, and/or strawberries

PREPARATION:

Combine orange juice, banana, berries, tofu, and sugar in a blender; cover and blend until creamy. Serve immediately.

Makes 1 serving.

Nutrition per smoothie: 162 calories, 4g protein, 2g fat, 33g carbohydrate, 4g dietary fiber, 19mg sodium

ONEDERFUL FRIES

Recipe brought to you by

Wildwood



Wildwood® Onederful™ Tofu—one tofu with endless possibilities—is created using a new technology to offer a versatile texture for multiple applications and better absorption of flavors.

INGREDIENTS:

- 1 14-oz. pack Wildwood® Onederful™ Tofu, cut into 32 sticks
- 1 tsp. salt (plus more to taste)
- 1 cup panko bread crumbs
- 1 egg, well beaten
- 2/3 cup catsup
- 2 Tbsp. soy sauce
- 1/4 tsp. Chinese 5-spice powder

PREPARATION:

Preheat oven to 425°F. Lightly coat a baking sheet with cooking spray or line with parchment paper.

Arrange tofu sticks in a single layer on three thick papers towels. Place another triple layer of towels on top of sticks. Press gently but firmly to remove as much moisture as possible. On a plate, mix bread crumbs and salt. Lightly coat tofu sticks in beaten egg then coat with bread crumbs. Arrange in single layer on prepared baking sheet. Bake in preheated oven about 20 minutes, turning several times, until crisp and golden on all sides.

Meanwhile, in small bowl, mix catsup with soy sauce and Chinese spice powder. Season fries with additional salt to taste. Serve immediately with catsup for dipping.

Makes 4, 8-piece servings.

Nutrition per serving: 171 calories, 15g protein, 22.5g carbohydrates, 1g dietary fiber, 3.5g fat (0.5g sat. fat), 811.5mg sodium

TOFU SATAY WITH SOYNUC BUTTER

Recipe brought to you by
United Soybean Board



INGREDIENTS:

- 15 oz. firm tofu
- 1/4 cup plus 2 Tbsp. low-sodium soy sauce
- 1 Tbsp. packed brown sugar
- 1 Tbsp. each finely chopped green onion and cilantro
- 1 tsp. curry powder
- 1/2 tsp. crushed red chilies
- 1 red or green bell pepper, cut into squares
- 3 Tbsp. warm water
- 1/2 cup soynut butter
- 1 Tbsp. each lime juice and honey
- 1 clove garlic, minced

PREPARATION:

Cut tofu into 1-inch cubes. Drain on several layers of paper towels to remove as much moisture as possible. Place in single layer in shallow pan.

Combine 1/4 cup soy sauce, brown sugar, green onion, cilantro, curry powder and 1/4 tsp. crushed red chilies (save 1/4 tsp. for sauce), and pour over tofu. Marinate 1 hour turning cubes after 30 minutes. Alternate tofu and peppers on 4 water-soaked bamboo (or metal) skewers. Grill over medium heat or broil until browned on all sides; baste several times during cooking.

For the soynut butter dipping sauce, mix remaining ingredients with a fork; if thinner consistency is desired, add more warm water. May be served at room temperature or warmed over low heat.

Makes 4 servings.

Nutrition per skewer: 167 calories, 16.2g protein, 9.7g carbohydrates, 3g dietary fiber, 8.8g fat, 363mg sodium per tablespoon dipping sauce: 65 calories, 2.2g protein, 5.3g carbohydrates, 0.4g dietary fiber, 3.7g fat, 228mg sodium

SPICY EDAMAME HUMMUS

Recipe brought to you by
Sunrich Naturals



**A delicious dip for
veggies or pita chips**

INGREDIENTS:

- 2 cups Sunrich Naturals Shelled Edamame
- 4 garlic cloves, un-peeled
- 1/4 cup cilantro, finely chopped
- 4 Tbsp. olive oil
- 1/4 cup fresh lime juice
- 1/4 tsp. ground cumin
- 1/2 tsp. chili powder
- Dash of salt & pepper

PREPARATION:

Roast garlic in a skillet over medium heat, turning often, for about 15 minutes (or until it turns a golden brown color). Remove cloves from skillet and let cool. Peel off skins and set aside. Meanwhile, bring 8 cups of water to a boil in a large pan. Add Sunrich Naturals Shelled Edamame to the pan, bring water back to a boil and cook for 5 minutes. Save and set aside 3/4 cup of the water before draining the edamame. Let the edamame cool.

Coarsely chop the garlic cloves in a food processor. Add the cooked edamame, cumin, chili powder, salt, and pepper to the food processor and blend. Add the cilantro, lime juice, and olive oil to food processor and pulse to combine with the other ingredients. Add the cooking water that was set aside a little at a time, and process until smooth.

*Note: you may not need to add all of the water.

Makes 10 servings.

Nutrition per serving: 85 calories, 4g protein, 4g carbohydrate, 1.5g dietary fiber, 7.5g fat (1g sat. fat), 4mg sodium

SOY AND SPINACH ARTICHOKE DIP

Recipe brought to you by
United Soybean Board



INGREDIENTS:

- 1 lb. silken tofu, crumbled
- 1 lb. low fat cream cheese, cubed
- 1 cup low fat mayonnaise
- 1/2 tsp. ground pepper
- 1 lb. frozen chopped spinach, thawed, drained
- 1 lb. marinated artichoke hearts, drained, coarsely chopped
- 1/2 cup green onions, chopped
- Parmesan cheese, grated, for garnish

PREPARATION:

Beat tofu until smooth; mix in cream cheese, mayonnaise and pepper in mixer bowl.

Fold in spinach, artichokes and green onions. Divide mixture equally into 12 (4 oz.) au gratin dishes. Sprinkle Parmesan cheese on top, if desired.

Bake at 350°F for 15 to 20 minutes or until bubbly and browned on top.

HOT TIP: Serve with low-carb crackers or bread for an all-around low-carb snack!

Makes 12 servings.

Nutrition per serving: 59 calories, 6.6g protein, 5.7g carbohydrates, 1.5g dietary fiber, 1.4g fat, 254mg sodium



BUFFALO CHIK PATTIES WITH BLUE CHEESE SLAW

Recipe brought to you by
MorningStar Farms®

Great for a party or just a family dinner—these spicy patties are topped with slaw seasoned with pungent blue cheese. Pass the wing sauce on the side for extra zip.

INGREDIENTS:

- 1 package (10 oz.) MorningStar Farms® Buffalo Chik Patties®
- 1/4 cup reduced-fat mayonnaise
- 3 crumbled blue cheese
- 1 1/2 tsp. lemon juice
- 2 cups packaged coleslaw mix with carrots
- 4 whole wheat hamburger buns, split and toasted
- 4 thin slices tomato
- Purchased buffalo hot wing sauce (optional)

PREPARATION:

Prepare Buffalo Chik Patties according to package directions.

Meanwhile, in medium bowl whisk together mayonnaise, blue cheese and lemon juice. Add coleslaw mix. Toss until combined.

Serve patties on buns along with tomato slices and coleslaw mixture. For added spice, add some buffalo sauce.

Makes 4 sandwiches.

Nutrition per sandwich: 350 calories, 14g protein, 42g carbohydrates, 6g dietary fiber, 18g fat (3.5g sat. fat), 960mg sodium



TOFU WALNUT LETTUCE CUPS

Recipe brought to you by
House Foods America

INGREDIENTS:

- 1/2 pkg House Foods Premium or Organic Tofu Firm, drained well
- 1 tsp. olive oil
- 1 clove garlic, minced

Sauce:

- 1 1/2 Tbsp. miso (red or awase)
- 1 tsp. soy sauce
- 1 1/2 Tbsp. hoisin sauce
- 1 tsp. Sake
- 1 tsp. sugar
- 1/2 tsp. corn starch mixed with 1/4 cup cold water
- 1/2 cup chopped walnuts

To serve:

- Lettuce, shredded carrots, chopped cilantro

PREPARATION:

In frying pan, heat olive oil, garlic and tofu over moderate heat, breaking up the tofu into small pieces with a wooden spoon (can also be cubed beforehand according to preference). Cook until tofu and garlic gets well toasted.

Add all the sauce ingredients and continue cooking for a few minutes, stirring constantly.

Add the water and cornstarch mixture in, stirring until sauce thickens. Add walnuts and stir.

Serve on lettuce cups, topped with shredded carrots and chopped cilantro.

Makes 6 servings.

Nutrition per serving: 120 calories, 6g protein, 6g carbohydrate, 2g dietary fiber, 9g fat (1g sat. fat), 250mg sodium

A bowl of chili with beans, tomatoes, and olives, with fresh ingredients in the background.

GAME DAY CHILI

Recipe brought to you by
National Soybean
Research Laboratory

INGREDIENTS:

Seasonings:

- 2 Tbsp. cumin,
- 2 Tbsp. chili powder
- 1 tsp. unsweetened cocoa powder
- 1 1/2 tsp. ground coriander
- 1 tsp. dried oregano
- 1 tsp. sugar
- 1 tsp. salt

Chili:

- 2 Tbsp. vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 green bell pepper, chopped
- 1 1/2 cups tomato juice
- 2 15-oz. cans black beans
- 2 15-oz. cans kidney beans
- 3 cups vegetable or beef broth
- 1 1/4 cups dry textured soy protein
- 1 14.5-oz. can diced tomatoes

Condiments (optional):

- Cheese, chopped onions, avocado, black olives

PREPARATION:

Mix seasonings in bowl. Set aside.

Heat oil in large pot over medium heat. Add onions and sauté until golden. Add garlic, bell pepper, and seasoning mixture, and sauté for another minute.

Rinse and drain both types of beans. Add remaining ingredients (except condiments) and mix well. Bring to a boil, then reduce heat and simmer, stirring occasionally, for at least 15 minutes to let the flavors blend.

Serve with the optional condiments, if desired.

HOT TIP: There's no need to rehydrate the dry granules, as the rich broth does the work for you.

Makes 8, 1/2-cup servings.

Nutrition per serving: 303 calories, 21g protein, 46g carbohydrate, 15g dietary fiber, 5g fat (0.6g sat fat), 1322mg sodium

MEDITERRANEAN GYROS

Recipe brought to you by
MorningStar Farms®



These gyros are inspired by the cuisine of Greece, where yogurt, mint, cucumber, garlic and lemon are popular ingredients.

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 chopped cucumber
- 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

MOUTH-WATERING MANGO PIE

Recipe brought to you by
SOYJOY

This simple and creative dessert utilizes whole-soybean nutrition bars as the crust to make it gluten free.

INGREDIENTS:

- 7 SOYJOY Mango Coconut bars
- 1/2 stick butter or margarine, melted
- 2 cups low fat (2%) milk
- 1 (3.4 oz.) pkg. instant lemon pudding mix
- 1 ripe mango, peeled and sliced

PREPARATION:

Unwrap SOYJOY bars and pulse them in food processor or blender until they reach a crumbly consistency.

In a small mixing bowl, combine melted butter or margarine with SOYJOY crumbs, stirring until crumbs are moist. Press crumb mixture onto the bottom and up the sides of a 9-inch pie plate to form a 1/4-inch crust. Bake crust for 8 to 10 minutes in a pre-heated 375°F oven. Allow to cool for 10 to 15 minutes.

Mix milk with pudding mix as directed on package. Pour pudding mixture into cooled pie crust and refrigerate for 5 minutes.

Arrange mango slices on top of pie to form a pinwheel design. Return to the refrigerator for 15 minutes.

Makes 8 servings.

Nutrition per slice: 265 calories, 6g protein, 28g carbohydrate, 4g dietary fiber, 14g fat (9g sat. fat), 123mg sodium

A stack of several rectangular protein bars, light brown in color, studded with dark chocolate chips. The bars are piled on a white plate. The background is dark and out of focus.

DARK CHOCOLATE SOY NUT BUTTER PROTEIN BARS

Recipe brought to you by
Nebraska Soybean Board

A video of registered dietitian Karen Kuzma making these bars and other delicious soyfood recipes is available at vimeo.com/soyrecipes

INGREDIENTS:

- 1 cup soynut butter
- 1 cup of honey
- 2 cups quick oats
- 1 cup of dark chocolate chips
- 1 cup dried cranberries
or raisins
- 1 cup milled flaxseed
- 1 cup of vanilla soy
protein powder

PREPARATION:

Using an electric mixer fitted with a paddle attachment, combine soynut butter and honey.

Add remaining ingredients one at a time, scraping sides after each addition, until evenly combined. (Mixture will be very stiff.)

Press mixture into a 9x13 pan and refrigerate until ready to serve.

Cut bars and store in refrigerator for up to one month.

Makes 32 snack-size bars.

Nutrition per bar: 182 calories, 6g protein, 25g carbohydrates, 3.5g dietary fiber, 8g fat (2g sat. fat), 66mg sodium



FOR MORE INFORMATION AND DELICIOUS RECIPES VISIT:

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