

SOY FOODS GUIDE

The 'how' and 'why' of blending soy with other proteins



US SOY

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WELCOME

No matter what your background is or where you live, I know that we have at least one thing in common—we care about feeding our loved ones delicious, healthful food. As a farmer, I believe helping consumers do this is part of my job, which is one reason I'm especially proud to sustainably grow soybeans on my family farm.

Soy protein from sustainably produced U.S. Soy is a diverse ingredient that is easy to cook with. From salad dressings and marinades to smoothies and snacks, I'm constantly surprised by all the opportunities there are to include sustainable soy in your day. In the pages that follow you will find more ways to cook with soy and also some compelling reasons to consider adding more soy to your daily routine.

As the 2024 chairman of the United Soybean Board, a farmer-led organization focused on building demand for soybeans through research and marketing, I've met many soybean farmers across the United States. The common goal of producing abundant and sustainable soy is a bond we farmers have. While the soybean board may work to benefit soybean farmers, we know consumers like you are one of our top customers and the board supports farmers' desire to meet consumer needs. We also know that safety, health and sustainability are important and these are values we all strive to uphold on our farm from planting to harvest.

To help take soy foods to the next level, we have partnered with registered dietitians, soybean researchers, food experts, young chefs at culinary schools and others for this guide. I hope the pages that follow provide you with inspiration to add more U.S.-grown soy to your daily life.

Happy cooking,

Steve Reinhard

Steve Reinhard is the 2024 Chair of the United Soybean Board, which administers the soy checkoff on behalf of the nation's 515,000 soybean farmers. He farms corn, soybeans and hay in Ohio with his brother.

Shopping for Soy Foods

Soy foods are adaptable, affordable and readily available. Here's where to find soy products in your supermarket.

PRODUCE

Edamame
Soy Protein
Smoothie Drinks
Tempeh
Tofu
Miso

PANTRY

Hot and Cold
Cereals
Protein Bars
Soy Nut Butter
Soy Nuts
Packaged Noodles
and Soups
Protein-Fortified
Baked Goods
Vegetable Oil
Dry Soybeans
Canned Soybeans
Shelf-Stable Soy
Milk
Shelf-Stable Silken
Tofu

BEVERAGES

Protein-Fortified
Beverages
Meal Replacements
Coffee Drinks

DAIRY

Soy-Based Cheese
Soy-Based Yogurt
Soy Milk

FROZEN






Soy-Based Meat
Alternatives
Dairy-Free Frozen
Treats
Pre-Made Meals
Edamame



*Partially funded by the
United Soybean Board*

*If you are unable to locate any of these soy foods items in the store, check the health foods aisle or section.

5 Easy Protein Snacks

	FOOD GROUP	CALORIES (CAL)/STANDARD SERVING SIZE	PROTEIN/ SERVING
	1. Dry-Roasted Soy Nuts	140 cal. per ¼ cup	12 grams
	2. Fresh Edamame (steamed or boiled)	125 cal. per ½ cup, shelled	11 grams
	3. Soy Milk	90 cal. per 8 oz. cup	6 grams
	4. Soy Nut Butter	188 cal. per 2 Tbsp.	8 grams
	5. Vanilla Soy Yogurt	150 cal. per single serving	5 grams

Snacks

- Keep a soy protein nutrition bar in your desk or in your bag to stave off hunger in between meals.
- Look for nutrient rich bars that have at least 6 grams of protein, contain a good source of fiber, and are low in fat and sugar.
- Spread some soy nut butter on whole grain crackers or a pita.
- Reach for a glass of chocolate soy milk (cold or hot).
- After exercise, choose a protein recovery beverage that includes soy protein.
- Enjoy chocolate covered dried edamame as a snack.
- Create your own trail mix with dried edamame and soy nuts.

Soy Ingredient Index



EDAMAME

What is it?

Soybeans that are harvested while the plant is still green.

Uses

Consume as a snack; add to a salad or grain bowl; use in dips.

Benefits

Good source of protein; good source of fiber.



FORTIFIED SOY MILK

What is it?

Soy milk that has been fortified with additional nutrients such as vitamin D and calcium.

Uses

Beverage; plant-based alternative to dairy milk in cooking or baking.

Benefits

Good source of protein; good source of vitamin D; good source of calcium.



MISO

What is it?

Soybean paste that is fermented and made with salt and koji.

Uses

Soup base; dressings; sauces; marinades.

Benefits

Contains probiotics.



NATTO

What is it?

Fermented whole soybeans.

Uses

Consumed plain over rice or topped with an egg and green onion.

Benefits

Good source of protein; source of probiotics.



SOY MILK

What is it?

A non-dairy milk alternative made with soybeans.

Uses

Beverage; plant-based alternative to dairy milk in cooking or baking.

Benefits

Good source of protein; source of B vitamins.



SOY NUTS

What is it?

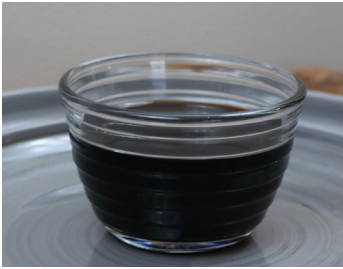
Whole, roasted soybeans.

Uses

Consumed as a snack.

Benefits

Good source of protein.



SOY SAUCE

What is it?

A liquid made from fermented soybeans.

Uses

Ingredient in sauces, dressings or marinades; used as a dipping sauce in many Asian cuisines; adds an umami flavor.

Benefits

Contains probiotics.



SOY YOGURT

What is it?

Yogurt made with soy milk.

Uses

Consume plain or with toppings.

Benefits

Source of probiotics and protein.



TAMARI

What is it?

A liquid derived from fermented soybeans that is formed as a byproduct during the production of miso.

Uses

Ingredient in sauces, dressings or marinades; used as a dipping sauce; adds an umami flavor.

Benefits

Contains probiotics.



TEMPEH

What is it?

Whole soybeans mixed with various grains, fermented and pressed.

Uses

A versatile protein source; used in sandwiches or salads; a protein alternative "crumble" in tacos or enchiladas.

Benefits

Good source of protein; prebiotic.

Soy Ingredient Index



TOFU

What is it?

Curdled soy milk, pressed into blocks. Includes water-packed tofu and silken tofu.

Uses

Both types of tofu come in varying firmness varieties for different applications. They can be used in soups; grilled or fried for salads; sandwiches, grain bowls and more; replacement in baked goods.

Benefits

Good source of protein; low in sodium.



TEXTURED VEGETABLE PROTEIN/TEXTURED SOY PROTEIN

What is it?

Textured vegetable protein (TVP) also known as textured soy protein (TSP) is a defatted soy flour product.

Uses

Add to meats. Use in chili, soups, cookies and more.

Benefits

Inexpensive protein, versatile, easy to use, neutral flavor.



WHOLE SOYBEANS

What is it?

Whole soybeans picked from the soybean plant.

Uses

Commonly used as an ingredient in other soy foods.

Benefits

Good source of protein and fiber; versatile.



YUBA

What is it?

Skin that forms on soy milk when boiled that is then dried.

Uses

Wrappers for spring rolls or sushi; soups; noodle dishes.

Benefits

Good source of protein.



Soy and Skin Health

In the competitive and fast-paced world of plant-based ingredients, it is sometimes difficult to know which foods to choose. New research brings a better understanding of the impact of soy foods and health.

Did you know that isoflavones found in soy have the potential to enhance the appearance of your skin? Research indicates that soy supplementation contributes to skin health and appearance. Among the multiple beneficial compounds found in soy are the isoflavones.

As we age, wrinkles, fine lines, dryness and other changes in our skin may occur.¹ Among postmenopausal women, a decline in estrogen levels can contribute to adverse changes in the skin.² Evidence increasingly suggests soy isoflavones can help combat the effects of aging on the skin, potentially among both pre- and postmenopausal women.³

Substantial clinical evidence indicates that naturally occurring soybean components offer a range of beneficial effects on skin appearance. The efficacious amount of isoflavones in clinical studies ranges from about 40 to 60 mg a day—the amount provided by approximately two servings of traditional Asian soy foods, such as tofu and soybeans. ●

See page 34 for citation references.



Soy Foods for Liver Health

Evidence indicates soy foods may be especially beneficial for people with liver disease, although more research is needed before definitive conclusions can be made. Nonalcoholic fatty liver disease (NAFLD) is a leading cause of chronic liver disease globally⁴. It is usually seen in people who are overweight or obese.

Lifestyle approaches offer the best long-term solution for addressing liver health.

For those who are overweight the goal should be to lose weight (body fat), although it may be possible to manage NAFLD independent of weight loss. There is intriguing evidence that the type of dietary fat consumed affects liver fat content. Evidence from population studies shows that higher saturated fat intake⁵⁻⁹ and lower intake of polyunsaturated fat^{6,7,9} is associated with liver diseases.

Including soy foods in your diet is a convenient way to consume healthy dietary fat. Unlike most legumes, soybeans are relatively high in fat, and specifically, polyunsaturated fat¹⁰. In terms of oils, soybean oil is an excellent choice because not only is it low in saturated fat and high in polyunsaturated fat, it contains both essential fatty acids¹¹. Soybean oil also has a health claim approved by the U.S. Food and Drug Administration and may reduce blood cholesterol levels¹².

Those with liver disease need to adopt an overall healthy lifestyle. Although weight loss is an important goal if overweight, eating a healthy diet that includes soy foods will likely be of benefit irrespective of changes in weight. ●

See page 34 for citation references.

Soybean Oil has Notable Health Advantages

*By Mark Messina, Ph.D., Director of Nutrition Science and Research
at the Soy Nutrition Institute Global*

When it comes to fat in our diets, the public health focus has shifted away from the total amount of fat intake,¹³ and moved toward the type of fat consumed.¹⁴ It's not always easy for home cooks to keep up with the research.

The Dietary Guidelines for Americans recommend that we limit our saturated fatty acid intake to no more than 10% of calories, although the U.S. population has not met this goal. When saturated fat intake exceeds 10%, the recommendation is to replace calories from saturated fat with calories from polyunsaturated fat. Most vegetable oils, such as soybean oil, are low in saturated fat and high in polyunsaturated fat.

Several vegetable oils have received health claims from the U.S. Food and Drug Administration for their ability to lower blood cholesterol levels. However, among cooking oils that have received health claims, evidence supporting soybean oil is the most robust.

What are the health effects of dietary fat?

Have you ever wondered about the effect that replacing saturated fat with omega-6 polyunsaturated fat (the type that predominates in seed oils) can have on cancer, heart disease, diabetes and overall mortality? Recently, one of the most comprehensive reviews of scientific literature examining the health effects of dietary fat was published. This analysis found that the replacement lowered risk of cardiovascular disease and possibly overall mortality, and that consuming polyunsaturated fat lowered the risk of diabetes and mortality from cancer.¹⁵

How does soybean oil compare?

While all vegetable oils have health advantages, soybean oil is notable because it contains both omega-6 and omega-3 fatty acids. It also is high in vitamin K and one particular form of vitamin E. Soybean oil is widely available, relatively inexpensive and has a neutral flavor that can be used in a variety of food preparations¹⁶. ●

See page 34 for citation references.

Easy Ways to Add Soy to Everyday Foods

Slipping a little soy into everyday meals is a simple way to add protein or reduce cholesterol in your favorite recipes. The following tips demonstrate how soy foods can complement your own style of eating.

TOFU

With its versatile texture and mild nutty flavor, tofu is the ultimate fusion food. It works equally well for tofu tacos, Mediterranean inspirations like tofu wraps and tofu paella. Tofu complements cheeses in recipes. For baked goods or lasagna, use tofu in combination with cream cheese, cottage cheese or ricotta. Tofu is also a go-to ingredient for dips, dressings, sauces and custards.

Blend silken tofu into your favorite cream soups like butternut squash or cream of broccoli. Add tiny cubes of extra firm tofu to chicken noodle or turkey soup. Try serving bite-sized chunks of extra-firm tofu with familiar dips. Catsup, mild barbecue sauce, sweet and sour sauce or ranch salad dressing all work well.

Explore the possibilities of tofu-based desserts. Create memorable mousses by blending tofu with lemon curd, melted chocolate, sweetened frozen berries or canned pumpkin pie mix. Build parfaits with tofu-based pudding and sweet layers of fruit.

Silken and water-packed tofu varieties are available in extra firm, firm and soft. No need to be confused about the forms. Start by thinking about what you want the tofu to do in your recipe. Choose the firmness that will work best. Blend or purée soft forms (silken and soft water-packed tofu). For cubes or slices, use firm or extra firm types of tofu.

MISO

Miso is a fermented product that just might become your secret flavoring ingredient for almost anything. It adds an umami (savory) flavor to pasta dishes, rice, sauces and even mayonnaise. For caramel sauce, stir in a little miso at the end of cooking for flavor twist. It is a little salty in taste so reduce the salt in recipes when you use miso.

EDAMAME (sweet green soybeans)

Edamame is practically the perfect vegetable. It's available in the freezer case of your grocery store.

Add edamame to your favorite vegetable soup. Toss some into green salads, or stir

edamame into a combination bean salad. Buzz it in the blender to make a surprising spread or dip. Add edamame into stir fry blends, or simply set out edamame in pods for snacking.

Fix a frittata with edamame, along with any leftovers you might have in the fridge. Or, add edamame to pasta primavera. Beans and rice are a traditional pairing, but you can shake up tradition a bit by serving edamame with almost any type of rice. Try edamame with brown, white, red, jasmine or basmati rice. Create a fresh, colorful version of risotto by adding edamame.

SOY CRUMBLES and TEXTURED SOY PROTEIN OR TEXTURED VEGETABLE PROTEIN (TSP/TVP)

How many of your everyday recipes call for ground beef, pork, turkey or chicken? Now think about how many of those recipes you would like to “thin up” by reducing calories and saturated fat. Frozen soy crumbles are a super-convenient form of textured soy protein. In addition to providing the nutrition benefits of soy, crumbles are real time-savers. They’re already browned, crumbled and ready to add to spaghetti sauce, stuffed peppers, casseroles, Sloppy Joes and more.

TSP/TVP also comes in a dry form that is usually found in the natural foods section of a supermarket. TSP/TVP is like meat you can keep on the shelf—always handy, ready to add to recipes with no worries about refrigeration or food safety. Add dry TSP/TVP to liquid mixtures such as soup, chili or spaghetti sauce. Consider blending TSP/TVP into most recipes that use ground meat.

Think about adding TSP/TVP to cookies. The formula is simple: If the recipe calls for 3 cups of oatmeal, use 1½ cups dry TSP/TVP and 1½ cups of oatmeal.

CANNED BLACK SOYBEANS

Canned soybeans have what it takes to be the star staple on your pantry shelf. Use them anywhere you’d use any other beans. For a start, think three bean salad and chili. Purée black soybeans in the blender for bean dip or refried beans. Blend with lots of Mexican or Mediterranean seasonings and spread refried beans on tortillas or wraps. In addition to adding flavor, refried beans help hold other wrap ingredients in place.

SOY NUTS and SOY NUT BUTTER

Soy nuts come roasted and in a multitude of flavors. Stir soy nuts into chocolate chip, oatmeal or almost any other type of cookie dough. Sprinkle them over salads. When you add soy nuts to Thai dishes, steamed vegetables or pasta, you’re adding a surprising crunch and a nutrition punch. For a party snack, make your own flavored soy nuts by toasting them in a skillet for 3 minutes with a tbsp of soybean oil and a tbsp of ranch seasoning mix. Use soy nut butter as you would use peanut butter, for sandwiches, dips and desserts. ●



Meet One of the People Behind the Food You Eat: A Farmer Perspective on Sustainability

Soil scientist and Missouri farmer Meagan Kaiser discusses sustainability from the farmer's point of view. Understanding the connection between crop health and human nutrition, United Soybean Board invests in key partnerships to advance soil science as the U.S. Soy industry strives to be a global leader on sustainability and soil health initiatives.

When Meagan Kaiser was 16, a client of her family's agricultural laboratory invited them to England's Royal Agricultural Show. As she observed her father's soil lecture given from a soil pit where he was surrounded by listening farmers, she was struck by an idea. Food is local, and it all starts with the soil. She knew in that moment she wanted to be a soil scientist.

"I went to college to study soil science, and took a detour to Washington, D.C., to work with a senator. About the time he retired, I met my husband, who is from a farm family." They moved back to Missouri. Meagan Kaiser went to work in the family laboratory, and her husband started farming.

“Now our world revolves around farming, from the laboratory side to the farming side,” she says. “We’re continually looking at how we can better manage the land, to have a more nutritious crop that is more resilient to weather and the climate. Most of the crops we produce end up as animal feed but are part of the human nutrition cycle.” She and her husband represent the fifth generation on his family’s farm, and the second generation in her family’s agricultural laboratory.

“Sustainability is often defined as the ability to continue doing what you’re doing. But in some ways, that’s not how U.S. farmers view sustainability, or how they work. I would define sustainability more as continuous improvement, getting better every year. We’re just like any other industry or business: You’ve got to continue to improve to stay in business.”

She adds, “Our whole lab philosophy is ‘Human nutrition is fabricated soil fertility.’” She credits soil scientist Dr. William A. Albrecht (1888-1974) who said food is fabricated soil fertility. “When we talk about ‘food is medicine,’ it all really goes back to taking care of the soil.”

“We are constantly running science experiments in the field, such as taking grid samples to run a complete nutrition profile,” Kaiser says. Elements missing from the profile—calcium, magnesium, potassium, phosphorous, for example—can be added. Doing so can prevent crops from being more susceptible to disease, less resilient to weather or less successful.

“We can make better data-driven decisions to do it better next time. It’s a continuous improvement practice rather than a sustainable practice,” Kaiser says.

Kaiser explains that this endeavor includes looking at ways to sell U.S. soy with good protein content to rapidly growing countries and helping them address their problems. “We provide them with the technical expertise to use U.S. Soy. We promote U.S. Soy and improve their food system to help fight against hunger.”

Soy’s versatility comes into play as well. “Sometimes I don’t think we realize how much soy is used outside our borders, and culturally what a role it plays in the world food cycle. It’s the miracle bean because it can be utilized in so many ways.”

“Through work and science, soy’s reputation remains intact and hopefully has improved in the food world. I take a lot of pride in growing soybeans to feed people and solve environmental issues. U.S. farmers are a big factor in the world economy. I hope more young people will think about how they could be part of helping to feed the world.” ●





Chicken and Cheese Quesadillas with Edamame Salad

Fold in the fillings, pile on the edamame topping.

INGREDIENTS

EDAMAME SALAD

- 2 cups edamame (frozen, shelled) cooked according to package directions
- 1 pint cherry tomatoes, quartered
- ¼ cup finely chopped red onion
- 1 tbsp fresh lime juice
- 2 tbsp chopped fresh cilantro, optional
- ½ tsp salt

QUESADILLAS

- 2 tbsp vegetable oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 (8¾ oz.) can corn kernels, drained
- 2 cups shredded chicken, cooked to 165° F
- 1½ cups shredded Mexican four cheese blend
- ¼ tsp salt
- 6 (7-8") flour tortillas

DIRECTIONS

1. Transfer 1½ cups edamame (reserving ½ cup to add to chicken and cheese mixture) to a bowl; stir in the tomatoes, onion, lime juice, cilantro and salt; mix well and refrigerate until ready to serve.
2. Heat the oil in a large nonstick skillet over medium-high heat. Add the onion and garlic; cook, stirring occasionally, until starting to soften, 2-3 minutes. Add the corn and ½ cup edamame, cook 2 minutes longer. Transfer to a bowl and stir in the chicken, cheese, and salt; mix well.
3. Put one tortilla on a work surface; spread the lower half of it with ½ cup of the chicken mixture. Fold the top half of the tortilla over the filling to form a semi-circle. Repeat with the remaining tortillas and chicken mixture.
4. Wipe out the skillet with a paper towel and return to the stove over medium heat. Add the quesadillas 2 at a time; cook 3-4 minutes per side or until lightly golden and hot. Divide among 6 plates and top each with ½ cup of the edamame salad.

Makes 6 servings



Lauren Twigge is a Dallas based registered dietitian and a nationally recognized food and nutrition expert with recipes and quotes featured on platforms including *Eat This Not That*, *Real Simple* and *The Every Girl*. With her unique combination of Animal Science and Nutrition degrees coupled with a childhood spent in commercial agriculture, Lauren has a unique perspective on where our food comes from and how it impacts our health.

Soy Green Smoothie

Even if you've never thought to combine tropical fruit with spinach and edamame—and then drink it—you'll be glad you did.

INGREDIENTS

- ½ cup frozen, shelled edamame
- ⅓ cup frozen mango
- ⅓ cup frozen pineapple
- ½ cup frozen spinach
- ½ tsp fresh grated ginger

DIRECTIONS

1. Add all ingredients to a blender or blender cup and blend until smooth.
2. Add green smoothie to a cup and garnish with fresh pineapple slices. Enjoy!

*Pro-tip: if your smoothie looks grainy, keep blending. It will smooth out!

Makes 1 serving



Dahlia Marin, RDN, LD, CGN and James Marin, RD, EN, are co-founders of the integrative dietetics practice, Married to Health. As gut health dietitians, Dahlia and James Marin's goal is to spread knowledge about the importance of incorporating plant foods to support a healthy gut microbiome.

Toastfu (Tofu Toast)

Eating toastfu is like floating away on little rafts of flavor. Seasonings and the choice of greens allow you to make it your own. What could be better than an easy, customizable recipe that's equally good for breakfast, lunch and appetizers?

INGREDIENTS

- 1 block high protein or super extra firm tofu
- 3 tbsp liquid aminos (liquid soy seasoning)
- 1 tbsp coconut aminos
- 2 tsp garlic powder
- 2-second spray of olive oil on each side of each slice
- 1 medium ripe avocado, peeled and seed removed
- 1 tbsp Everything But the Bagel (EBTB) seasoning
- 1 cup microgreen sprouts
- spritz of lemon or lime

DIRECTIONS

1. Drain tofu. If desired, press it to further remove excess moisture. The more water removed, the crispier the texture of Toastfu.
 2. Cut the entire block down the middle, lengthwise, then cut again into 4 equal toast-sized pieces.
 3. Spray each side the tofu with olive oil for 2 seconds.
 4. In a medium bowl, toss tofu with seasoning.
 5. Air fry on 375° F for 18 minutes, or until crispy to your liking.
 6. Mash the avocado.
 7. Remove Toastfu from air fryer and top with avocado, seasoning and sprouts (lemon or lime optional).
- If desired, add hummus, dairy-free cream cheese or other vegetables such as shredded beets or radishes.
- Makes 4 servings



TVP Nachos with Black Soybeans and Soy Milk Nacho Cheese Sauce

This recipe demonstrates how shelf-stable products like canned soybeans and TVP can help you create substantial snacks. Bring on the last-minute guests and late-night nibblers.

INGREDIENTS

¼ cup corn, fresh or canned, drained
5 tsp taco seasoning, divided
pinch of salt and pepper
½ medium jalapeño, seeded
½ cup water
½ cup TVP
1½ tbsp butter, divided
1 tbsp flour
1½ cups plain soy milk
1 cup shredded cheddar cheese
pinch of salt and pepper
½ onion, minced
2 cloves garlic, minced
½ cup black soybeans, rinsed, drained
tortilla chips, as needed for serving
sour cream, as needed for serving
salsa, as needed for serving

DIRECTIONS

1. Preheat oven to 350°F. Mix corn, 1 tsp taco seasoning, salt and pepper; spread on sheet pan. Roast for 10 minutes or until golden brown. Roast the jalapeño on separate sheet pan. When the jalapeño is done roasting, put in a bowl; cover for 5 minutes. Peel jalapeño; mince. Set aside
2. In a small saucepan, add water, 4 tsp taco seasoning; bring to boil. Remove from heat; add TVP. Let stand 10 minutes.
3. Over medium-low heat in a medium saucepan, add 1 tbsp of butter; melt. Add 1 tbsp of flour; stir together until it is a light golden color. Slowly add cold soy milk; stirring. Add salt and pepper. Add the cheese; melt. Add the jalapeños; keep warm.
4. In a medium saucepan, add ½ tbsp of butter; melt. Add onions and garlic; sauté. Add TVP and black soybeans.
5. Take as many tortilla chips as you desire and put them on a serving platter. Add TVP mixture and black soybeans. Drizzle nacho cheese over, sprinkle on corn and lettuce, then add sour cream and salsa.

Makes 2-4 servings

Source: Grace Madler, North Dakota State College of Science, Culinary Arts Program





Alexandra Caspero, MA, RD, RYT, is a registered dietitian, plant-based chef, owner of Delish Knowledge and author of *Fresh Italian Cooking for the New Generation*. Her award-winning blog, Delish Knowledge, focuses on making whole-food vegetarian eating deliciously simple.

Rainbow Salad with Edamame and Sesame Dressing

Edamame travels in good company with this stand-out salad. Color, crispness and crunch all collaborate. Tap into your creativity with salads for sides, snacks, lunches and dinner. Add your favorite proteins and splurge with toppings.

INGREDIENTS

SALAD

- 2 cups shredded red cabbage
- 2 cups shredded green cabbage
- 1 cup shredded carrots
- ½ cup chopped fresh cilantro
- 2 cups cooked edamame
- ½ cup sliced scallions
- ½ cup roasted sliced almonds

SESAME DRESSING

- 3 tbsp tahini
- 2 tbsp toasted sesame oil
- 2 tbsp rice wine vinegar
- 1 tbsp soy sauce
- 1 tsp fresh grated ginger
- 1 tsp honey, maple syrup or brown sugar
- 2-3 tbsp of water, to thin

DIRECTIONS

1. In a large bowl, add all of the ingredients for the salad.
2. In a separate small bowl, whisk together all of the ingredients for the sesame dressing. Add water, a tbsp at a time, as needed to thin. The consistency should be like a salad dressing.
3. Drizzle the dressing over the salad and toss together until well combined. Serve immediately.

Makes 4 servings

Splendid Soy Salad

Main dish, packable lunch, party fare...



INGREDIENTS

- 1 package (14 oz.) firm tofu
- 1 tbsp vegetable oil
- 1 package (10 oz.) medium rotini noodles
- 1 package (8 oz.) shelled edamame, cooked
- ½ cup chopped green bell pepper
- ½ cup chopped red bell pepper
- ½ cup diced celery
- ¼ cup diced onion

DRESSING

- 1 cup mayonnaise
- 2 tbsp mustard
- ½ tsp lemon juice
- ½ cup sugar
- ½ tsp celery salt

DIRECTIONS

1. Sauté cubed tofu with vegetable oil in a large skillet on medium-high heat for 5–8 minutes or until golden brown. Place on paper towel-covered plate; cool.
2. Cook pasta as directed on package. Drain cooked noodles in colander. Rinse with cold water to chill.
3. Combine in large mixing bowl noodles, peppers, edamame, celery, onion and tofu; mix well.
4. In second mixing bowl, combine dressing ingredients; mix well. Pour dressing over tofu and noodle mixture. Refrigerate for 20 minutes. Serve cold.

Makes 6 servings

Source: Kansas Soybean Commission,
Nicole Conard, El Dorado.



Buttermilk Ranch Dressing

It's possible that tofu is salad dressing's new best friend.



INGREDIENTS

- 1 cup plain soy milk
- 1 tbsp white vinegar
- ½ cup soft silken tofu
- ½ cup plain Greek yogurt
- 1 packet ranch dressing mix (3 tbsp)

DIRECTIONS

1. In a small mixing bowl, combine soy milk and vinegar. Allow to rest for 15 minutes. (This will make soy buttermilk).
2. In a food processor, add soy milk/vinegar mixture. Add remaining ingredients; purée until smooth.
3. Refrigerate for at least 30 minutes. Serve with vegetables or over salad.

Refrigerate in air-tight container for up to 1 week.

The recipe makes 1-3/4 cups/serves 14.





From: Meagan Kaiser, soil scientist and Missouri farmer. Recipe adapted from Averie Cooks, averiecooks.com

INGREDIENTS

CHICKEN

- 3 tbsp cornstarch
- ½ tsp salt
- ½ tsp pepper
- 1¼ pounds boneless skinless chicken breasts, diced into 1-inch pieces
- 2 tbsp sesame oil
- 2 tbsp soybean oil
- 3 cups broccoli florets
- 1 cup thinly sliced carrots
- 1 cup sliced celery
- 1 8-oz. can sliced water chestnuts, drained
- 1 red bell pepper, diced
- 1½ cups frozen shelled edamame
- 2 cloves garlic (finely minced or pressed)
- 1 cup unsalted dry-roasted whole cashews
- 1 cup green onions (sliced into thin rounds, from about 3 or 4 green onions)

SAUCE

- 6 tbsp low-sodium soy sauce
- 1 tsp soybean oil for the sauce
- 3 tbsp honey (or to taste)
- 2 tbsp rice wine vinegar
- 2 tbsp Asian chili garlic sauce
- 2 tsp ground ginger

Cashew Chicken with Edamame

Edamame—fresh green soybeans—offer a simple way to add plant protein, color and texture to many of your favorite dishes. Not all one-skillet meals have the potential to become craveable family favorites, but this combination stands out.

DIRECTIONS

CHICKEN

1. To a gallon-sized zip lock bag, add cornstarch, salt, pepper and chicken. Seal and shake to coat chicken evenly.
 2. To a large skillet, add the oils and chicken; cook for about 4 to 5 minutes over medium-high heat, flipping and stirring so all sides cook evenly. Chicken should be cooked to 165° F.
 3. Add the ingredients broccoli through garlic; stir to combine. Cook for about 3 to 4 minutes or until vegetables are crisp-tender and chicken is cooked through; stir continually. While vegetables cook, make the sauce.
 4. To a medium bowl add all sauce ingredients, whisk to combine; set aside.
 5. Add cashews to the skillet; stir to combine.
 6. Add the sauce, stir to combine. Allow sauce to simmer over medium-low heat for 1 to 2 minutes.
 7. Add green onions, stir to combine, serve immediately.
- Makes 5 servings



Mia Syn, MS, RDN, is a nationally recognized on-air nutrition expert and author of *Mostly Plant-Based*. She's been featured by dozens of major media outlets, and *Women's Health* named her one of the top registered dietitians to follow on Instagram.

Chili Crisp Tofu Bowl

In this recipe from Mia Syn, you'll discover that tofu, soy sauce, soybean oil and edamame work beautifully together. Chili crisp — a readily available jarred condiment made with pepper-infused oil with bits of other flavorful crisped ingredients— adds texture and heat to the mix.

INGREDIENTS

TOFU

- 1 block extra firm tofu
- 2 tbsp cornstarch
- 1 tbsp soy sauce
- 1 tbsp soybean oil (vegetable oil)
- 1 tbsp chili crisp
- ¼ cup Kewpie brand Japanese mayonnaise
- 1 tbsp sriracha
- 2 tsp lime juice

BOWL

- 1½ cups brown rice
- ¼ cup diced green onion
- 1½ cups shelled cooked edamame
- 1 large avocado, peeled and thinly sliced
- as desired, sesame seeds

DIRECTIONS

1. Preheat the oven to 425° F. Line baking sheet with parchment paper.
2. To remove moisture from tofu, place it on a plate or in a baking dish. Put a clean cutting board or plate on tofu and add a heavy object on top. Press tofu for 15-20 minutes.
3. Using your hands, tear pressed tofu into bite-sized pieces. Add it to a large mixing bowl with cornstarch, soy sauce and soybean oil. Toss to coat; place tofu pieces in single layer on a baking sheet. Bake for 20-25 minutes, or until evenly browned and crisp, tossing halfway.
4. Cook rice according to package instructions.
5. In a large bowl, combine chili crisp, mayonnaise, sriracha and lime juice.
6. When tofu is done cooking, transfer to bowl with sauce; gently toss to combine ingredients. Reserve extra sauce for topping at the end.
7. Plate rice, tofu, edamame and avocado. Top with sesame seeds, green onion, and sauce before serving.

Makes 4 servings



Easy Stuffed Shells

Tofu creates a new take on baked pasta, easy enough for everyday dinner and cheesy enough for company.

INGREDIENTS

- 18 large pasta shells
- 1 (26-oz.) jar of pasta sauce
- 1 egg
- 1 (12.3-oz.) package silken soft tofu (mashed)
- 2 cups shredded mozzarella cheese, divided
- $\frac{3}{4}$ cups grated Parmesan cheese, divided
- 2 tbsp chopped fresh parsley

DIRECTIONS

1. Cook pasta shells according to package directions; drain. Preheat oven to 350°F. Spray bottom of 13"x9"x2" glass baking dish with non-stick cooking spray. In large bowl, beat egg. Stir in tofu, 1 $\frac{3}{4}$ cups mozzarella cheese, $\frac{1}{2}$ cup Parmesan cheese and the parsley.
2. To assemble, spread 1 cup sauce in baking dish. Fill cooked shells with tofu/cheese mixture. Arrange filled shells in the baking dish. Pour remaining sauce over shells. Top with remaining mozzarella and Parmesan.
3. Bake, covered with foil, until bubbly, about 35 minutes. Uncover and continue cooking until cheese is melted, about 5 minutes. Let stand 5 minutes before serving.

Makes 6 servings

Pork Bowl over Coconut Lime Rice with Apple, Chayote and Edamame Slaw

Don't you think soy and pork should hang out together more often?

INGREDIENTS

PORK

- 1½ cups sugar
- 2½ lb. pork tenderloin, sliced into thin, inch-long strips
- 1 tbsp salt
- ½ tsp freshly ground black pepper
- ¼ cup fish sauce
- 2 tsp minced garlic
- 1 tsp grated ginger
- 1 dash of sesame oil
- 1 medium Vidalia onion, sliced
- 4 scallions, sliced on hard bias, green part only

RICE

- 1 cup jasmine rice
- ¾ cup coconut milk
- 1¼ cups water
- 1 lime, zested
- 1 tsp fresh lime juice
- 1 tbsp minced fresh cilantro
- as needed, kosher salt

SLAW DRESSING

- 3 tbsp soybean oil
- 3 tbsp apple cider vinegar
- ½ tsp celery seed
- ½ tsp mustard seed
- 1 pinch red pepper flakes
- ½ tsp sugar

SLAW

- 3 chayotes, seeded and coarsely grated (6 cups)
- 1 cup green apple
- 1 cup shelled edamame
- 2 medium carrots, coarsely grated
- ½ medium red onion, finely chopped
- ½ yellow bell pepper, finely chopped

DIRECTIONS

PORK

1. Cover bottom of large, heavy skillet with 1 cup sugar and place over medium-low heat. As soon as it melts and turns golden, add pork, raise the heat to medium, stir until coated. Cook to 145° F, allow to rest for at least three minutes.
2. Stir in remaining sugar, salt, pepper and fish sauce. Cover and cook for 2 minutes. Uncover; stir in garlic, ginger and oil. Lower heat to simmer to reduce sauce for about 20 minutes.
3. Stir in Vidalia onions and cook until translucent, 5 to 7 minutes. Pork should be caramelized; if not, raise heat and sauté while sauce further reduces.

RICE

4. Combine rice, coconut milk, water and pinch of salt in 2-quart saucepan. Bring to simmer; stir a few times at beginning to separate rice. Cook undisturbed, partially covered at a gentle simmer, until liquid is absorbed, about 12-15 minutes. At 12 minutes check rice for doneness.
5. Remove pan from heat and let rice rest, covered, for 5 minutes. Fluff rice with fork and stir in lime zest, lime juice and cilantro—season with more if needed. Taste rice and add more fresh lime juice if needed.

SLAW DRESSING

6. Bring all dressing ingredients to a boil in small saucepan. Remove from heat and let cool while preparing slaw.
7. To make slaw, place grated chayote and grated apple in strainer and squeeze out as much liquid as possible. Transfer to bowl and stir in dressing, then stir in edamame, carrots, red onion and bell pepper. Chill for 30 minutes, or up to 2 days.

TO SERVE

Place coconut lime rice in bowl and top with caramelized pork and onions. Top with chayote edamame slaw and garnish with fresh cilantro leaves and sliced scallions if desired.

Makes 4 servings

Source: Sean Maddock, North Dakota State College of Science, Culinary Arts Program





Turkey and Tofu Chili

This game-changing chili scores with its mix of proteins.

INGREDIENTS

½ cup diced peppers
 1 medium white onion, diced
 1 tbsp chopped garlic
 1 lb. ground turkey
 1 cup diced tomatoes
 1 lb. edamame (frozen, shelled)
 1 lb. garbanzo beans (chickpeas)
 10 oz. tomato paste
 1 cup tomato juice
 1 tbsp Worcestershire sauce
 2 cups soy milk
 ½ tsp cumin
 1 tsp paprika
 1 tbsp chili powder
 dash of Tabasco®
 ¼ tsp cayenne pepper
 ½ lb. firm tofu, diced
 to taste, salt and pepper

DIRECTIONS

1. In a large pot, sauté peppers and onions. Add chopped garlic and ground turkey. Cook turkey to 165° F.
2. Once turkey is cooked, add diced tomatoes, edamame and garbanzo beans.
3. Add tomato paste, tomato juice, Worcestershire sauce and soy milk. Bring to a boil. Add dried seasonings.
4. During last 10 minutes of cooking, add tofu.
5. Garnish chili with Greek yogurt and shredded pepperjack cheese.

Makes 12 to 15 servings

Source: Chef Raul Murillo of Iowa Events Center in Des Moines.

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Spanish Paella

If you've ever wondered whether soy plays well with other proteins, this recipe featuring tempeh and chicken will answer that question once and for all. The meaty, savory flavors of tempeh are fully capable of standing alone, but they don't have to.



INGREDIENTS

¼ cup of extra virgin olive oil
 1 yellow onion, diced
 1 bell pepper, diced
 3-4 cloves garlic, minced
 4 Roma tomatoes, diced
 1 bay leaf
 1 tsp paprika
 pinch of saffron
 ½ tsp salt
 ¼ tsp pepper
 ¼ cup white wine
 8 oz. tempeh, cubed
 4 boneless, skinless chicken thighs, cut into bite-sized pieces
 ¼ cup fresh parsley, chopped
 2 cups medium grain rice
 5 cups chicken stock
 ½ cup of frozen peas
 lemon slices for garnish

DIRECTIONS

1. Add olive oil to a large skillet over medium heat. Add the onions, bell peppers and garlic and cook until onion is translucent. Add chopped tomato, bay leaf, paprika, saffron, salt and pepper. Stir and cook for 5 minutes. Add white wine and cook for 10 minutes. Taste and add salt if needed.
2. Add Tempeh and chicken pieces and cook for 2 minutes or until chicken reaches 165°F. Then add rice and parsley and cook for an additional 1 minute to toast rice.
3. Pour the broth slowly all around the pan and jiggle the pan to get the rice into an even layer. (Do not stir the mixture going forward!)
4. Bring the mixture to a boil. Reduce heat to medium low. Give the pan a gentle shake back and forth just once or twice during cooking.
5. After 15 minutes nestle peas into the top of the rice. Continue cooking an additional 5 minute until rice is just tender on top.
6. Remove from heat and allow to rest, covered, for 10 minutes.
7. Garnish with lemon slices and additional fresh parsley just before serving.

Makes 4 servings

Source: Indiana Soybean Alliance, Chef Kelsey Murphy, TV personality, MasterChef winner, season 11.





Slow Cooker Calico Beans

Baked beans, reimagined with convenience in mind.

INGREDIENTS

- 1 (16-oz.) can baked beans
- 1 (15.5-oz.) can black soybeans, rinsed and drained
- 1 (15-oz.) can tan soybeans beans, rinsed and drained
- 1 (12-oz.) package frozen shelled edamame
- 1 cup maple syrup or barbecue sauce
- ¼ cup cooked bacon or turkey bacon bits
- Corn bread or corn muffins

DIRECTIONS

1. Combine baked beans, black soybeans, garbanzo beans, edamame, syrup or barbecue sauce and bacon bits in 4-5½-quart slow cooker.
2. Cover and cook on LOW 6 to 8 hours or HIGH 3 to 4 hours. If necessary, stir in ½ cup water to desired consistency. Serve with corn bread or corn muffins.
Makes 8 servings



Mixed Berry Delight

Voted most likely to become a nostalgia dessert.

INGREDIENTS

- 2½ packages of graham cracker crumbs
- 1 cup margarine, melted
- 8 oz. cream cheese, softened
- 14 oz. firm tofu
- 8 oz. whipped topping
- 16 oz. frozen mixed berries
- 2½ tbsp cornstarch
- ½ cup sugar

DIRECTIONS

1. Remove tofu from package; place paper towels on baking sheet. Place tofu atop paper towels. Place cutting board on top, then add a heavy pot. Leave in place for about 20 minutes to remove extra water.
2. In sauté pan, cook berries, cornstarch and sugar over medium heat until thick. Remove from heat and cool.
3. Mix graham cracker crumbs and margarine; press into 9"x13" pan.
4. Blend cream cheese and tofu in blender until smooth. Fold in whipped topping and set aside.
5. When berry mixture is cool, fold into cream cheese mixture and pour into pan. Refrigerate until set.
6. Cut into squares and serve. Garnish with fresh berries if desired.

Makes 4 servings

Source: Kansas Soybean Commission,
Joyce Conard.



Peach and Blueberry Soy Yogurt Dessert

Don't you just love it when breakfast ingredients inspire a dessert?

INGREDIENTS

- 1 (5.3 oz.) carton peach mango soy yogurt
- 1 cup multigrain crunch soy cereal
- 1 ripe peach, pitted and cut into pieces
- ½ cup blueberries

DIRECTIONS

Alternately add soy yogurt, cereal, peaches and blueberries in serving dishes.

Makes 4 servings

Source: Kansas Soybean Commission,
Charlene Patton, Consumer Media Specialist



Silky Lemon Tofu Pudding

Never underestimate easy, two-ingredient desserts.

INGREDIENTS

- 1 (10 oz.) jar lemon curd
- 1 (12 oz.) box silken firm tofu
- Garnish with raspberries (or fruit of choice)

DIRECTIONS

1. In a blender, add lemon curd and tofu. Blend until smooth.
2. When ready to serve, add lemon mixture to individual graham cracker crust shells or layer in parfait glass with whipping cream or soy whip
3. Garnish with raspberries or fruit of choice and small mint leaf.

Makes 8-10 servings



Swirled Caramel Tofu Cheesecake

Caramel, cheesecake and tofu— newest trio on the dessert block.

INGREDIENTS

CRUST

- 7½ cups gluten free oats
- 3¾ cups brown sugar
- 2 tbsp honey
- 1 tsp ground cinnamon
- ¼ tsp kosher salt
- ¼ cup + 1 tbsp soybean oil
- 6 tbsp unsalted butter

CARAMEL

- 5 cups of sugar
- ¼ cup of water
- 1 cup cream
- 2 tbsp red miso paste

CHEESECAKE

- 24 oz. extra firm tofu
- 1 cup white sugar
- 1 tsp vanilla extract
- ¼ tsp salt
- ¼ cup vegetable oil
- 2 tbsp lemon juice

DIRECTIONS

CRUST

1. Preheat oven to 350°F. Combine oats, brown sugar, honey cinnamon, salt and oil. Using hands, distribute ingredients. Spread even layer in 13"x9" pan. Bake for 30 minutes, stirring every 10 minutes.
2. After baking, let oats cool completely, about 10-15 minutes. Oats will harden as they cool to granola-like texture. Stir occasionally to keep from sticking to pan.
3. Transfer mixture to food processor. Pulse 2-3 times to break up any larger pieces, then process on high for 30-60 seconds until oats resemble coarse crumbs.
4. Add coarse oats to medium-sized bowl; while stirring, slowly pour melted butter over oats. Once all crumbs are coated with butter, transfer to greased springform pan. Use bottom of measuring cup, press crumbs into bottom of pan and up the sides. Bake for 7 to 8 minutes. Cool completely; add batter.

CARAMEL

5. Add 2 tbsp of water to miso; mix; strain using a sieve; set aside.
6. Heat cream until just before boiling point; turn off heat.
7. Place sugar and water in large, deep saucepan; stir to dissolve sugar. Heat mixture over medium heat; bring to a boil without further stirring. When sugar mixture turns golden brown, remove pan from heat.
8. Pour preheated cream in carefully, a little at a time, as caramel will bubble; stir to combine. Whisk in miso mixture. Return saucepan to low heat; simmer 1 minute. Allow mixture to cool; pour into measuring cup.

CHEESECAKE

10. Preheat oven to 350°F.
11. Drain extra firm tofu; crumble pressed tofu into small pieces in large mixing bowl.
12. Mix tofu with sugar, vanilla extract, salt, vegetable oil and lemon juice.
13. Add tofu mixture to food processor; blend well.
14. Pour blended mixture into 10" springform pan.
15. Top with miso caramel, swirl with measuring cup.
16. Place cheesecake into center of oven; bake at least 20 minutes. When top is beginning to brown, remove cheesecake; allow to cool in refrigerator.

Makes 16-18 servings

Source: Alexis Harstad, North Dakota State College of Science, Culinary Arts Program





Vanilla Soy Milk Ice Cream

If you ever crave a scoop of soy-rich indulgence, reach for this concoction. It's a triple whammy of soy milk, soy nut butter and soy nuts. Just when you think things can't get any better, the caramel and chocolate kick in.

INGREDIENTS

- 2 cups powdered sugar
- 8 egg yolks
- 2 tsp corn starch
- 4 cups original soy milk
- 2 vanilla beans
- ¼ cup caramel sauce, plus some for topping
- ¼ cup soy nut butter, plus some for topping
- ¼ cup chocolate-covered soy nuts, plus some for topping

DIRECTIONS

1. Cut vanilla beans in half to remove the seeds.
2. Heat soy milk; add vanilla bean seeds and pod.
3. Mix powdered sugar, egg yolks and corn starch.
4. Remove vanilla bean pod from soy milk.
5. Slowly add soy milk to egg mixture while whisking continually.
6. Heat mixture in a saucepan on low heat until it thickens.
7. Cool mixture in refrigerator for 2-3 hours.
8. Place mixture into ice cream maker and start it.
9. Swirl in caramel, soy nut butter and chocolate covered soy nuts.
10. Scoop and top ice cream with more caramel, soy nut butter and chocolate covered soy nuts to serve.

Makes 4 servings

Source: Grace Madler, North Dakota State College of Science, Culinary Arts Program



Soy Foods Composition

SOYFOOD						MINERALS					VITAMINS			
	Cals.	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Iron (mg)	Ca (g)	Mg (mg)	Zinc (mg)	K* (mg)	B2 (mg)	B6 (mg)	B12 (mg)	Folate (mg)
Miso (2 tsp)	23	1.32	0.68	3	0.6	0.28	6	5	0.29	24	0.026	0.023	0.01	2
Soy flour, defatted (½ cup)	173	24.68	0.64	20.14	9.2	4.85	127	152	1.29	1252	0.133	0.301	–	160
Soy flour, full-fat, roasted (½ cup)	187	14.79	9.29	14.31	4.1	2.47	80	157	1.52	867	0.4	0.149	–	96
Soy flour, low-fat (½ cup)	165	20.02	3.92	15.37	7	3.61	125	125	1.8	920	0.123	0.462	–	127
Soy protein concentrate (1 oz)	94	16.48	0.13	8.76	1.6	3.06	103	89	1.25	624	0.04	0.038	–	96
Soy protein isolate (1 oz)	96	22.88	0.96	2.09	1.6	4.11	50	11	1.14	23	0.028	0.028	–	50
Soybean oil (1 Tbsp)	120	–	13.6	–	–	0.01	–	–	–	–	–	–	–	–
Soybeans, mature cooked, boiled, without salt (1 cup)	298	28.62	15.43	17.08	10.3	8.84	175	148	1.98	886	0.49	0.402	–	93
Soybeans, green, raw (1 cup)	376	33.15	17.41	28.29	10.8	9.09	504	166	2.53	1587	0.448	0.166	–	422
Soymilk, plain, fortified (1 cup)	100	7	4.01	7.99	1	1.07	299	39	0.61	299	0.51	–	2.99	–
Soymilk, original and vanilla, unfortified (1 cup)	131	7.95	4.25	15.26	1.5	1.56	61	61	0.29	287	0.168	0.187	–	44
Soymilk, chocolate, fortified (1 cup)	153	5.49	3.72	24.18	1	1.17	61	36	0.83	347	0.637	0.187	1.7	27
Soymilk, all flavors, fortified (1 cup)	109	7.14	4.84	8.38	1	1.19	340	–	0.58	343	0.484	0.566	2.62	78
Soy butter (1 Tbsp)	101	0.13	11.32	0.13	–	–	4	–	–	6	0.005	0.001	0.01	–
Soy sauce (1 Tbsp)	11	1.89	0.02	1	0.1	0.43	4	7	0.08	38	0.027	0.036	–	3
Silken tofu (½ block)	43	4.37	2.28	1.27	0.3	0.82	68	–	–	–	–	–	–	–
Extra firm tofu (½ block)	77	7.98	4.11	2.05	1	1.26	61	–	–	–	–	–	–	–
Soy cheese curds (1 oz)	45	3.7	2.4	2.04	–	1.66	56	67	0.51	59	0.041	0.021	–	7
Soy yogurt, vanilla (1 container)	150	5	2.99	25.01	1	1.44	299	–	–	–	–	–	–	–
Soy burger (1 patty)	124	10.99	4.41	9.99	3.4	1.69	95	39	0.88	233	0.171	0.212	1.41	87

Source: USDA National Nutrient Database, ndb.nal.usda.gov

* potassium



Basil Lime Dressing is just one of the many dip and dressing ideas using versatile silken tofu.

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