



Super Soy Ideas

Slipping a little soy into everyday meals or favorite recipes is a good and healthy idea for the whole family. The many benefits of soy for women are well known— osteoporosis prevention, reduced menopause symptoms, cancer reduction. For Dad, soy can help prevent prostate cancer and reduce cholesterol. Girls who enjoy soy starting young have a 30% less risk of breast cancer as adults. The boys will get high quality protein for fewer calories, so they'll have plenty of strength but less fat.

For a food that's been around for thousands of years it's amazing how many new ways we're discovering to use soy, and how many convenient new soy foods there are. Just take a close look as you walk down almost every supermarket aisle and you'll see soy, in a flavor or form that matches your family's tastes and your needs.

TOFU

OK, maybe it's not a family favorite - yet. But you can add it to almost every favorite family recipe and no one needs to be the wiser. Tofu plays well with others because of its adaptable texture and mild nutty flavor. Even though it is Asian in origin there's no food that can go into so many diverse ethnic cuisines. It's the ultimate fusion food. Think tofu tacos, Mediterranean tofu wraps, tofu paella and that's just the beginning.

Use tofu in place of cream or cottage cheese or Ricotta in baking, dips, sauces, custards, lasagna and casseroles.

Cut extra firm tofu into teeny tiny cubes to add to chicken noodle or other favorite soup. Or blend with your best cream soup, like Butternut Squash or Cream of Broccoli.

Most toddlers love anything they can dip, so cut bite-sized chunks and serve with catsup, barbecue, sweet sour, soy or other dipping sauce or a favorite salad dressing.

Turn tofu into a dip by blending with fresh herbs or seasonings and a little liquid (juice or broth, for example) or with mayonnaise. For a fruit dip, blend the tofu with orange juice and a little honey or brown sugar. Pass apple slices or chunks as dippers. For fresh vegetables, whirl the tofu with a little dry Ranch dressing mix and some green or red pepper or chives or green onion or fresh herbs like basil or parsley.

Desserts can be guilt free with tofu as the base. Consider a mighty mousse, or a parfait from a tofu-based pudding, or a creamy-with-tofu pumpkin pie. You'll find frozen tofu-based desserts in the freezer case, or start with a tofu base for homemade.

Tofu and Jell-o can jiggle together. Prepare fruit-flavored gelatin with half the amount of water called for. Blend tofu in the blender or food processor and then mix into the gelatin. Chill until set.

Stir some tofu into cornbread mix (or a scratch recipe) or into polenta.

Turn tofu into tasty croutons for salad toppers by pressing with paper towels, then cutting cubes and frying in garlic-flavored oil until brown.

Tofu comes firm, extra firm, silken, soft, packed in water, packed in an airtight box(silken), smoked, or flavored with BBQ or Thai seasonings and more. No need to be confused about the forms – just think of tofu as soft or firm cheese. You can blend or puree the soft forms (silken and soft) and cube, slice or dice the firm or extra firm. And think about what you want the tofu to do...blend in its keep its shape.

Tofu can even go on the grill. Just cut extra-firm tofu into thick slices (“steaks”) and grill or pan broil and then top with Chimichurri, barbecue sauce, salsa, pesto, chutney or just a mixture of chopped fresh herbs (basil and mint for example) and some balsamic vinegar.

EDAMAME

Edamame (sweet green soybeans) is practically the perfect vegetable. It's available in the freezer case. It looks like a tiny lima bean, only greener, and has a more pleasant consistency. You can take edamame anywhere. And it's an excellent source of high quality protein.

Add edamame to your favorite vegetable soup. Toss some into green salads or stir into a combination bean salad. Buzz it in the blender to make a surprising spread or dip or for the basis of an impressive main dish soufflé. Stir into stir fry. Or just set out for snacking, as the Japanese do. They serve edamame in the pods, for each diner to pop the beans out of the pod and into the mouth.

Fix a frittata with edamame, along with any leftovers you might have in the fridge. Or add edamame to Pasta Primavera.

Partner edamame with green beans, diced red peppers and corn for Succotash with spunk.

Stir edamame into regular tomato salsa, pineapple salsa, mango salsa, avocado salsa, any salsa.

Beans and rice are a long-time combination. Use edamame with almost any rice: brown, white, red, jasmine, basmati. Or stir edamame into risotto for a beautiful color and flavor addition.

SOY CRUMBLES and TSP (Textured Soy Protein)

How many of your everyday recipes call for ground beef? And how many of those recipes would you like to “thin up” by reducing calories and saturated fat. Then just look in the deli meats section of the supermarket and you'll find soy crumbles, a super-convenient form of textured soy protein. In addition

to the nutrition benefits, the crumbs are real time savers – already browned and crumbled and ready to add to spaghetti sauce, casseroles, Sloppy Joes, etc.

TSP (textured soy protein) also comes in a dry form, usually found in the natural foods section. Think of TSP as meat you can keep on the shelf – always handy, ready to add to recipes and no worries about refrigeration or food safety. Most TSPs require rehydration, which takes only minutes, or can be rehydrated when used in a liquid mixture, such as soup, chili or spaghetti sauce. Consider a TSP replacement for most of your recipes that use ground meat: sloppy Joes, meat loaf, meat balls, and any of the burger help blends.

Think about adding to cookies...if the recipe calls for 3 cups of oatmeal, use 1 ½ cups TSP and 1 ½ cups of oatmeal.

Making a graham cracker or coconut crust...add ¼ to 1/3 cup of TSP for extra crunch and protein.

CANNED SOYBEANS

These should become the newest staple on your pantry shelf. Use them anywhere you'd use any other beans and know that you're providing a protein punch as well as the many regular bean benefits – such as fiber. Try tan or black, or mix 'em. Their flavor is slightly different from ordinary beans, but most of the traditional bean recipes have plenty of garlic and spices so the finished product is very similar.

Puree either tan or black beans in the blender for refried beans (we suggest reheating with spices rather than frying) or bean dip. Blend with lots of Mexican or Mediterranean seasonings to spread on corn, flour or flavored tortillas for wraps. The bean spread adds flavor and helps hold the other wrap ingredients in place.

SOYNUTS and SOYNUT BUTTER

Soynuts come roasted and in a multitude of flavors – perfect for snacking and with the plus of all of soy's nutrition benefits in just a ½ cup serving.

Stir some soy nuts into chocolate chip, oatmeal or almost any other cookie dough. Or try replacing the peanut butter in bars or drop cookies with soy nut butter and add whole or coarsely chopped soy nuts.

Sprinkle soy nuts over salads, Thai dishes, or steamed vegetables for a surprising crunch as well as a nutrition punch. Or toss with pasta for a delightful crunch.

SOY FLOUR

You can add extra protein to almost any baked good by replacing up to ¼ of the amount of wheat flour in a recipe with soy flour.

Soy flour adds a nice nuttiness to banana or blueberry muffins, chocolate chip or oatmeal cookies. And there's a protein benefit as well.

Soy flour also helps baked goods retain moisture, so butterscotch bar cookies will last longer (if hidden!).

You'll find soy flour in the specialty flour section of the supermarket. Keep it in the pantry in a tightly covered container.

Soy flour has no gluten, so you'll find it on the ingredient list of many gluten free products. (For more info on soy in gluten free diets please visit www.thesoyfoodscouncil.com/glutenfree.html).

For more about soy nutrition benefits and research news, recipes and more please visit us at www.thesoyfoodscouncil.com