2012 Soyfoods Guide

USB Celebrates 20th Anniversary
Boost Your Diet With Soy
Coronary Benefits of Soyfoods
Nutritional Information
Recipes
Boost Your Diet With Soy!

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This expert says, “Boost Your Diet With Some Soy”
By: Amy Hendel, R-PA, Author, The 4 Habits of Healthy Families
Host, Food Rescue and Simple Smoothies

It’s hard to imagine a world without soyfoods. Soy protein is one of the few plant-based complete proteins, which means it contains all of the essential amino acids and is a great high-quality protein choice for vegetarians, vegans and anyone who wants to include more plant-based foods in their diet. Nutrition experts suggest that most of us could benefit from more plant-based meals—and soyfoods offer high-quality, nutrient-dense protein in a full range of textures and forms.

Do you like finger foods? Nosh on edamame. Kids love popping the beans from their pods. (Adults do, too!) Want to jazz up a soup or stew? Add firm tofu cubes, which will absorb the flavor of the marinade or liquid. Want to make a tasty, filling wrap or sandwich? Use tempeh, a chunky, tender soybean cake that can be marinated or grilled, and pile on the vegetables.

Your soy options are remarkably varied. For a healthy trail mix, just add roasted soy nuts to a small bag of whole grain cereal mixed with dried cranberries. To make meatless spaghetti sauce that has a protein boost, use textured soy protein (TSP), or soy meat analogs cooked first and then added to the pasta sauce. Can’t drink regular milk because of digestive issues, but need foods that support bone health? Thank goodness for soy milks, which are usually fortified with calcium and vitamin D.

Debunking Soy Myths
Soyfoods have gone mainstream over the last decade, with choices that include beans, milk, cheese, yogurt, tofu, miso and even sliced deli meat options. However, soy’s growing popularity has been accompanied by a number of food myths and concerns.

Here are some answers to common questions about soy:

**Q:** Will my husband or son become feminized if I serve soyfoods frequently?

**A:** I am delighted to report personally that my husband and son are fed soy products on a regular basis and they are quite masculine! Soyfoods do contain two isoflavones that are often called “estrogen-like”, although they behave quite differently than estrogen. The term “estrogen-like” seems to pose a problem for many consumers, despite the science that indicates its safety and health benefits. For example, soyfoods appear to protect against heart disease. For men (and women) who weight train, soyfoods can help provide the amino acids essential for muscle development, without the saturated fat.

**Q:** Is there an upper “safe limit” of daily soy consumption?

**A:** The position of the American Cancer Society is “safe for patients at risk of or post-cancer diagnosis, with some caveats.” I feel comfortable recommending 2-3 servings of soyfoods, the less processed the better, to achieve the benefits of isoflavone content. This means an upper daily limit of 25 grams of soy. In the case of women at risk for or diagnosed with estrogen receptor-positive breast cancers, I recommend an upper limit of 3-4 servings per week, and I ask these patients to confer with their cancer specialists as well.

(Continued on next page)
Q: Is it possible to buy non-genetically modified soy products?
A: If genetically modified foods present a problem for you, many soy products now have labels that indicate “Non-GMO.” It should be noted that the FDA does not require labeling, since research shows there is no nutritional difference.

Q: Are soyfoods fattening?
A: There’s an old saying, “even too much of a good thing is not good.” I know many clients who come to me baffled about why they’re gaining weight when they are eating “healthy foods.” Many people put a health halo on certain foods and then assume they can eat large quantities. Eating too many calories overall contributes to weight gain, even if those calories are brimming with nutrients.

Q: Is soybean oil good for cooking, salad dressing and baking?
A: Soybean oil is quite neutral in taste, which means it can be used in a variety of cooking methods and recipes. Soybean oil, often classified as vegetable oil, has a high smoke point, meaning that you can use it for frying. It’s also great for salad dressing recipes.

Q: Does soybean oil provide superior health benefits when compared to other oils?
A: A teaspoon of soybean oil has about 40 calories and about 2.6 grams of polyunsaturated fat, 1.05 grams of monounsaturated fat and less than a gram of saturated fat. It is 61 percent unsaturated fat and contains no cholesterol. Recent studies confirm that using oil that is primarily polyunsaturated can help to lower LDL or the “bad” cholesterol levels. Soybean oil contains the essential fatty acids, linoleic and linolenic acids, credited with helping to regulate smooth muscle contraction and blood pressure. Soybean oil is also rich in vitamin E.

Soyfoods have gone mainstream over the last decade, with choices that include beans, milk, cheese, yogurt, tofu, miso and even sliced deli meat options.
Having Success With Soy

Here are 6 more tips for successfully adding soy into your daily diet:

1. **Give your kids or teens soybean relish with cut up carrots and celery as a snack.** I mix shelled edamame with corn kernels and finely chopped red pepper. A recent study from the University of Cambridge, UK, suggests that different nutrients we eat affect orexin neurons, which secrete a stimulant known to enhance wakefulness, and positively impact metabolic rate, which is critical to weight loss and healthy weight management. Substituting protein-rich foods for carbohydrate-type foods appears to enhance and even stimulate orexin cell activity. Since we want our kids to perform optimally in school, and in light of the ongoing child and teen obesity crisis, it makes sense to sometimes substitute a high-quality protein-based snack for a grain snack. (Source: Neuron, Vol. 72, pp. 616-629, November 17, 2011, Activation of Central Orexin/Hypocretin Neurons by Dietary Amino Acid)

2. **Make a salad into a meal by adding shelled soybeans, roasted soy nuts or both to your mix.** My favorite recipe combines butter lettuce and arugula, shredded carrots, soybeans, cherry tomatoes, cucumbers, chopped red and green peppers and radishes, tossed with a light champagne vinegar and soybean oil vinaigrette. Top with roasted soybeans.

3. **Make a soup creamy with blended silken tofu.** Creamy soups are the bane of dieticians and nutritionists because the cream or whole milk used to make them rich usually means an added boost of saturated fat. Substitute blended silken tofu in place of those artery-clogging dairy ingredients, and you’ll have a creamy, protein-rich soup. Use silken tofu in tomato soup, New England clam chowder, pumpkin soup, creamed corn soup and other creamy recipes.

4. **Swap out tempeh for deli meats in sandwiches.** I love sandwiches made with whole-grain, low-carb tortillas or wraps, lots of shredded or sautéed vegetables and tempeh, with hummus or mustard. Reducing consumption of deli meats helps to reduce consumption of salt and saturated fat. Brown bag a lunch from home that includes this wrap, a piece of fruit and a bottle of water and you’ve got a balanced and satiating meal, chock-full of nutrients.

5. **For breakfast on the go, try a smoothie made with frozen berries, soy milk, silken tofu, a splash of juice and ice.** A portable cup and straw allows you to shoot out the door with a balanced breakfast brimming with vitamins and phytochemicals sourced from soy ingredients and your fruit of choice.

6. **Go Italian with a soy protein pasta dinner.** I make my sauce protein-rich by sautéing garlic, peppers and onions with some soybean oil and then mix, continuing the cooking process add this to store-bought low sodium/longer. Pour it on whole-grain pasta meal full of protein, without all the folding textured soy protein crumbles into the until the crumbles are thoroughly cooked. I low sugar marinara sauce and simmer a bit or high-protein pasta and voilà — a quick saturated fat.
Recent Research Highlights the Coronary Benefits of Soyfoods
By: Mark Messina Ph. D., MS, Loma Linda University

It's not surprising that prestigious organizations like the American Heart Association support the heart-healthy attributes of soyfoods. These foods are high in protein, but unlike many traditional sources of protein in Western diets, they are cholesterol-free, low in saturated fat and high in polyunsaturated fats.

Recent research also highlights the benefits of soy in protecting against heart disease in ways not previously recognized. These benefits are partially related to the fat content of soy, but also to other components found in soybeans and foods made from them.

Health professionals have recommended a reduction in saturated fat intake for more than 40 years. Early recognition of the importance of reducing saturated fat content in the diet can be attributed to the results of the Seven Countries Study. This landmark research, which began in 1958 [1], found that saturated fat intake correlated with rates of heart disease among people in the countries included in this study [2].

However, a growing body of evidence suggests that the coronary benefits of lowering saturated fat intake depend to a large degree on which food components are consumed in its place. When saturated fat is replaced with refined starches and sugars, for example, there is no decrease in heart disease risk, and in fact, risk can increase. It’s not clear that replacing saturated fat with monounsaturated fats, like those found in olive oil, produces benefits. However, when certain types of polyunsaturated fats replace saturated fat, there is a clear benefit.

**Polyunsaturated Fats and Heart Disease**
The two types of polyunsaturated fats are omega-6 and omega-3 fats. Omega-3 fats include DHA (Docosahexaenoic Acid) and EPA (Eicosapentaenoic Acid), which are found predominantly in fatty fish. But other foods, including soybeans, contain a different type of omega-3 fat. In fact, soybeans are among the few foods that provide significant amounts of both omega-3 and omega-6 fats. This may be especially important for reducing risk of heart disease.

In 2010, British researchers conducted an extensive review of clinical studies on fat and heart disease [3]. They found that replacing saturated fat with omega-6 fats—which are found in many vegetable oils—did not lower heart disease risk. However, replacing it with a mix of omega-6 and omega-3 fats—like that found in soybeans—lowered the risk of death due to heart disease or having a heart attack by more than 20 percent.

Aside from providing protection against heart disease, the type of omega-3 and omega-6 fats found in soy are both essential nutrients.

**Other Heart-Healthy Effects of Soyfoods**
Research from the University of Southern California Keck School of Medicine in Los Angeles suggests that soyfoods may reduce risk of heart disease in ways unrelated to the polyunsaturated fat content of the soybean [4].

This three-year investigation, referred to as the Women's Isoflavone Soy Health (WISH) study, involved 350 healthy postmenopausal women ages 45 to 92. Women were assigned to one of two groups and were asked to consume either 25 grams of isolated soy protein per day or 25 grams of milk protein per day.

“A mix of omega-6 and omega-3 fats—like that found in soybeans—lowered the risk of death due to heart disease or having a heart attack by more than 20 percent.”
The researchers assessed early stages of atherosclerosis, or hardening of the arteries, in all participants using ultrasound to measure the thickness of the carotid arteries. Carotid arteries are located on both sides of the neck beneath the jawline and provide the main blood supply to the brain. The thickness of the carotid artery is referred to as carotid intima-media thickness or CIMT. CIMT typically increases or progresses over time; the extent of progression reflects the risk of heart attack or stroke.

At the end of the study, the thickness of the carotid arteries among women consuming soy protein was 16 percent less than in the milk group. Although this finding was not statistically significant, it is still potentially important. If a 16 percent decrease in the arterial thickness translates into a 16 percent decrease in the risk of future coronary events, the public health implications of consuming soy would be dramatic. Furthermore, the difference between groups increased steadily over the three-year study period. This suggests that progression could be reduced to an even greater extent after a longer period of soy consumption.

But there is something even more interesting about this study: soy was most effective in women who were in the early stages of menopause. Among women who were fewer than 5 years, 5 to 10 years, and more than 10 years post-menopause, progression of arterial thickness was reduced by 68, 17 and 9 percent, respectively. That progression was reduced so significantly in early postmenopausal women is notable, since it suggests a type of protection against heart disease that is also seen with estrogen therapy.

One hypothesis regarding heart disease in women, referred to as the “estrogen window” or “estrogen timing” theory, is that estrogen therapy leads to marked coronary and cognitive benefits when it begins soon after menopause, but has less effect in later years. The findings from the WISH trial are consistent with the “estrogen timing hypothesis.” Furthermore, the findings suggest that the components of soy responsible for its beneficial effects are the phytoestrogens (isoflavones), which appear to be acting similarly to estrogen. Isoflavones are naturally-occurring plant chemicals that are essentially unique to soyfoods. People who don’t consume soyfoods have extremely low intakes of isoflavones. In the WISH trial, the 25 grams of soy protein provided about 99 milligrams of isoflavones, which is the amount found in about four servings of traditional soyfoods. Research has shown that isoflavones directly improve the health of the arteries, so this might explain their effect on the progression of arterial thickness in the WISH trial.

But isoflavones may work through multiple mechanisms to reduce heart disease risk. The protein in soy may have an effect as well, since it has been shown to directly lower blood cholesterol levels [5].

In the WISH trial, there were modest decreases in LDL-cholesterol and modest increases in the protective HDL-cholesterol. While these changes are relevant, they aren’t large enough to explain the dramatic effects of soy protein on carotid arterial thickness.

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Soyfoods Offer Comprehensive Protection Against Heart Disease

Heart disease is a complex condition, affected by multiple factors. Soyfoods, because of their unique compounds, appear to offer a variety of benefits. When these foods replace more traditional sources of protein in the diet, both the fatty acids and the protein in soy can reduce blood cholesterol levels. The results from the WISH trial strongly suggest that the isoflavones in soy favorably affect the arteries in menopausal women, especially those in the early years of menopause. Although in the WISH trial participants consumed 99 milligrams of isoflavones per day, it may be that less than this amount will produce similar benefits. Consuming two to three servings of soyfoods per day is a healthy way to meet protein needs and reduce risk of coronary heart disease. One serving is a cup of soymilk, 3 ounces of tofu or one ounce of soynuts.


Soy Resources

Books:
The 4 Habits of Healthy Families: Everything Your Family Needs to Get Healthy and Stay Healthy for Life, by Amy Hendel
Asian Tofu: Discover the Best, Make Your Own, and Cook It at Home, by Andrea Nguyen
The Meat Free Monday Cookbook: A Full Menu for Every Monday of the Year, by Meat Free Monday Campaign, Annie Riggas and Paul, Stella, & Mary McCartney
Vegan Junk Food: 225 Sinful Snacks that are Good for the Soul, by Gold Lane
The Everything Healthy Casserole Cookbook, by Kristen Widican
Celebrate Vegan: 200 Life-Affirming Recipes for Occasions Big and Small, by Dynise Balcavage
Fresh & Healthy Cooking for Two: Easy Meals for Everyday Life, by Ellie Topp and Marilyn Booth
Terrific Tofu: The Ultimate Collection of the World’s Finest Tofu Recipes, by Elma Kane

Websites:
Soy Information – www.soyinformation.org
United Soybean Board – www.soyconnection.com
National Soybean Research Laboratory – www.nsr1.illinois.edu/nutrition.html
Soybean Association of North America – www.soyfoods.org
Illinois Center for Soyfoods - http://www.soyspoiladuols.illinois.edu/Isoy.html
HOW SOY FITS INTO THE USDA’S MYPLATE

The Dietary Guidelines for Americans gives science-based advice on food and physical activity choices for health. To see the full Dietary Guidelines, go to http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf. Soyfoods can be an important part of a healthy diet as proscribed by the USDA MyPlate. Most soyfoods contain no cholesterol, little or no saturated fat, high quality protein and dietary fiber. Many soyfoods also provide essential vitamins and minerals, such as B vitamins, vitamins A and D, calcium, iron and potassium.

**Grains**
- Soy cereal
- Soy grits
- Soy waffles
- Soy pasta
- Soy bread
- Soy flour

Consuming at least three or more ounce-equivalents of whole grains per day can reduce the risk of several chronic diseases and may help with weight maintenance. Soy flour is part of this group. Substitute up to one-fourth of the total flour in your favorite baked product recipe.

**Vegetables**
- Green soybeans (edamame)
- Canned soybeans
- Soynuts

One-half cup of green soybeans (edamame) contains 10 grams of soy protein. All soybeans are a good source of dietary fiber and isoflavones.

**Oils**
- Soybean oil (also called vegetable oil)

Soybean oil is rich in polyunsaturated fat and contains only minimal saturated fat. Soybean oil is a rich source of omega-3 fatty acids. Soybean oil, labeled “vegetable oil,” is a source of the antioxidant Vitamin E.

**Milk**
- Soy beverage
- Soy cheese
- Soy yogurt
- Soy ice cream

According to the USDA food guidelines, protein choices for those who do not consume milk products include calcium-fortified soy beverages, soybeans, soy yogurt, soy cheese and tempeh. Soy ice cream products are a part of this group, but do not contain as much calcium or protein as other options.

**Meat & Beans**
- Soy burgers
- Soy hot dogs
- Soy nuggets
- Soy burger-type crumbles
- Tofu
- Soynuts
- Canned soybeans
- Green soybeans (edamame)
- Soynut butter

According to the USDA food guidelines, protein choices in this category include all of the above listed soyfoods. Soybeans are a source of high quality protein and include all eight of the essential amino acids.
Soy Oil Facts – It’s Already In Your Kitchen

Soybean oil is the most widely used cooking oil, but many cooks don’t know it by its real name. It is frequently called “vegetable oil,” and it offers numerous benefits to the everyday cook. Soybean oil is affordable, has a high smoke point for frying foods and contains virtually no aroma, which allows you to highlight other key flavors in your dishes.

**Sources of Soy Protein**

<table>
<thead>
<tr>
<th>Soyfood</th>
<th>Serving Size</th>
<th>Grams of soy protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fortified Soymilk</td>
<td>1 cup</td>
<td>6-7</td>
</tr>
<tr>
<td>Soy Cereal</td>
<td>1 1/4 cup</td>
<td>7</td>
</tr>
<tr>
<td>Soy Yogurt, Vanilla</td>
<td>1 cup</td>
<td>6</td>
</tr>
<tr>
<td>Soy Breakfast Patty</td>
<td>2 patties</td>
<td>11</td>
</tr>
<tr>
<td>Soy Bar</td>
<td>1 bar</td>
<td>14</td>
</tr>
<tr>
<td>Soy Chips</td>
<td>1 bag</td>
<td>7</td>
</tr>
<tr>
<td>Soynut Butter</td>
<td>2 Tbsp</td>
<td>7</td>
</tr>
<tr>
<td>Soynuts, Roasted, Unsalted</td>
<td>1/4 cup</td>
<td>11</td>
</tr>
<tr>
<td>Tofu</td>
<td>1/2 cup</td>
<td>10</td>
</tr>
<tr>
<td>Edamame</td>
<td>1/2 cup</td>
<td>11</td>
</tr>
<tr>
<td>Soy Burger</td>
<td>1 patty</td>
<td>13-14</td>
</tr>
<tr>
<td>Soy Pasta</td>
<td>1/2 cup (cooked)</td>
<td>13</td>
</tr>
<tr>
<td>Soy Pudding</td>
<td>1/2 cup</td>
<td>6</td>
</tr>
</tbody>
</table>

Source: SoyConnection.com

**Isoflavone Content of Soyfoods**

One serving of a traditional soyfood provides about 20-35 mg of isoflavones.

<table>
<thead>
<tr>
<th>Soyfood</th>
<th>Serving Size</th>
<th>Tot. (mg) isoflavone/svg.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Miso</td>
<td>1 Tbsp</td>
<td>7</td>
</tr>
<tr>
<td>Soybeans, Green, Cooked</td>
<td>1/2 cup</td>
<td>50</td>
</tr>
<tr>
<td>Soybeans, Black, Cooked</td>
<td>1/2 cup</td>
<td>40</td>
</tr>
<tr>
<td>Soybeans, Yellow, Cooked</td>
<td>1/2 cup</td>
<td>78</td>
</tr>
<tr>
<td>Soybeans, Roasted, Plain</td>
<td>1/4 cup</td>
<td>78</td>
</tr>
<tr>
<td>Soymilk, Plain, Unfortified</td>
<td>1 cup</td>
<td>10</td>
</tr>
<tr>
<td>Soymilk, Plain, Fortified</td>
<td>1 cup</td>
<td>43</td>
</tr>
<tr>
<td>Soy Flour, Defatted</td>
<td>1/4 cup</td>
<td>42</td>
</tr>
<tr>
<td>Soy Flour, Full-Fat</td>
<td>1/4 cup</td>
<td>33</td>
</tr>
<tr>
<td>Soy Flour, Low-Fat</td>
<td>1/4 cup</td>
<td>50</td>
</tr>
<tr>
<td>Soy Crumbles</td>
<td>1/2 cup</td>
<td>9</td>
</tr>
<tr>
<td>Soy Protein Isolate Powder, Plain</td>
<td>1/3 cup</td>
<td>53</td>
</tr>
<tr>
<td>Textured Soy Protein, Dry</td>
<td>1/4 cup</td>
<td>33</td>
</tr>
<tr>
<td>Tempeh</td>
<td>1/2 cup</td>
<td>53</td>
</tr>
<tr>
<td>Tofu</td>
<td>1/2 cup</td>
<td>25</td>
</tr>
</tbody>
</table>

Source: SoyConnection.com

**Soy Oil Facts – It’s Already In Your Kitchen**

Soy Oil Facts – It’s Already In Your Kitchen

Soybean oil is the most widely used cooking oil, but many cooks don’t know it by its real name. It is frequently called “vegetable oil,” and it offers numerous benefits to the everyday cook. Soybean oil is affordable, has a high smoke point for frying foods and contains virtually no aroma, which allows you to highlight other key flavors in your dishes.

**Biotech Facts**

According to a recent survey by the USDA, 94 percent of soybean acreage, 88 percent of corn acreage and 90 percent of cotton acreage in the United States are planted with seeds produced through biotechnology. More than 1,800 scientific evaluations in the United States – including tests for allergenicity and environmental safety – arrived at the same conclusion: commercially available soybeans produced through agricultural biotechnology are safe for consumers and the environment.

**Benefits of Biotech**

- Protects Water Quality
- Reduces Chemical Pesticides
- Develops Environmentally-Friendly Weed Control
- Produces Healthier Foods
- Feeds a Hungry World
- Delivers Edible Vaccines

**Labeling**

FDA guidelines on food labeling currently state that if a food presents a safety issue — if it contains a serious allergen, for example — it must be labeled in order to protect consumers. Currently, the FDA maintains that when a technique is used to modify a plant in a way that does not significantly change its composition or safety, special labeling is not necessary.

Source: www.soyconnection.com/soybean_oil/biotech_facts.php
SOY INGREDIENTS

**Soy Flour (50% protein)**
Soy flour is made from roasted soybeans ground into a fine powder. All soy flour gives a protein boost to recipes. Defatted soy flour is an even more concentrated source of protein than is full-fat soy flour. Soy flour is gluten-free, so yeast-raised breads made with soy flour are denser in texture. There are three kinds of soy flour available: natural or full-fat, which contains the natural oils found in the soybean; defatted, which has the oils removed during processing; and lecithinated, which has had lecithin added to it.

**Hydrolyzed Vegetable Protein (HVP)**
Hydrolyzed vegetable protein (HVP) is a protein obtained from any vegetable, including soybeans. HVP is a flavor enhancer that can be used in soups, broths, sauces, gravies, flavoring and spice blends, canned and frozen vegetables, meats and poultry.

**Lecithin**
Extracted from soybean oil, lecithin is used in food manufacturing as an emulsifier in products high in fats and oils. It also promotes stabilization, antioxidation, crystallization and spattering control.

**Soy Protein, Textured (Flour or Concentrate)**
Textured soy protein usually refers to products made from textured soy flour and textured soy protein concentrates. Textured soy flour is made by running defatted soy flour through an extrusion cooker, which allows for many different forms and sizes. It contains 50 percent protein, as well as the dietary fiber and soluble carbohydrates from the soybean. When hydrated, it has a chewy texture. Textured soy flour is widely used as a meat extender. Often referred to simply as textured soy protein, textured soy flour is sold dried in granular and chunk style and is bland in flavor.

**Soy Grits**
Soy grits are similar to soy flour except that the soybeans have been toasted and cracked into coarse pieces rather than the fine powder of soy flour. Soy grits can be used as a substitute for flour in some recipes. High in protein, soy grits can be added to rice and other grains and cooked together.

**Soy Protein Isolate (90% protein)**
When protein is removed from defatted flakes, the result is soy protein isolate, the most highly refined soy protein. Containing 90 percent protein, soy protein isolates possess the greatest amount of protein of all soy products. They are a highly digestible source of amino acids (building blocks of protein necessary for human growth and maintenance). Isolates are bland in flavor.

**Soy Protein Concentrate (70% protein)**
Soy protein concentrate comes from defatted soy flakes. It contains 70 percent protein while retaining most of the bean’s dietary fiber. It is a highly digestible source of amino acids and is bland in flavor.

*(Continued on next page)*
SOY INGREDIENTS (Continued)

**Soy Fiber (Okara, Soy Bran, Soy Isolate Fiber)**

There are three basic types of soy fiber: okara, soy bran and soy isolate fiber. All of these products are high-quality, inexpensive sources of dietary fiber. Soy bran is made from hulls (the outer covering of the soybean), which are removed during initial processing. The hulls contain a fibrous material that can be extracted and then refined for use as a food ingredient. Soy isolate fiber, also known as structured protein fiber (SPF), is soy protein isolate in a fibrous form.

**Soybean Oil & Products**

Soybean oil, also referred to as soy oil, is the natural oil extracted from whole soybeans. It is the most widely used oil in the United States, accounting for more than 75 percent of our total vegetable fats and oils intake. Oil sold in the grocery store under the generic name “vegetable oil” is usually 100 percent soybean oil or a blend of soybean oil and other oils. Read the label to make certain you’re buying soybean oil. Soybean oil is cholesterol-free and high in polyunsaturated fat. Soybean oil also is used to make margarine and shortening.

**TRADITIONAL SOYFOODS**

**Green Vegetable Soybeans (Edamame)**

These large soybeans are harvested when the beans are still green and sweet tasting and can be served as a snack or a main vegetable dish after boiling in slightly salted water for 15-20 minutes. They are a good source of protein, high in fiber and contain no cholesterol. Green soybeans are sold frozen in the pod and shelled.

**Natto**

Natto is made of fermented, cooked whole soybeans. Because the fermentation process breaks down the beans’ complex proteins, natto is more easily digested than whole soybeans. It has a sticky, viscous coating with a cheesy texture. In Asian countries, natto traditionally is served as a topping for rice, in miso soups and is used with vegetables. Natto can be found in Asian and natural food stores.

**Okara**

Okara is a pulp fiber by-product of soymilk. It has less protein than whole soybeans, but the protein remaining is of high quality. Okara tastes similar to coconut and can be baked or added as fiber to granola and cookies. Okara also has been made into sausage.

**Miso**

Miso is a rich, salty condiment that characterizes the essence of Japanese cooking. The Japanese make miso soup and use it to flavor a variety of foods. A smooth paste, miso is made from soybeans and a grain such as rice, plus salt and a mold culture, and then aged in cedar vats for one to three years. Miso should be refrigerated. Use miso to flavor soups, sauces, dressings, marinades and pâtés.

**Soybeans**

As soybeans mature in the pod, they ripen into a hard, dry bean. Although most soybeans are yellow, there are also brown and black varieties. Whole soybeans (an excellent source of protein and dietary fiber) can be cooked and used in sauces, stews and soups. Whole soybeans that have been soaked can be roasted for snacks. Dry whole soybeans should be cooked before eaten.
**Soynuts**
Roasted soynuts are whole soybeans that have been soaked in water and then baked until browned. Soynuts can be found in a variety of flavors, including chocolate covered. High in protein and isoflavones, soynuts are similar in texture and flavor to peanuts.

**Soy Sauce**
(Tamari, Shoyu, Teriyaki)
Soy sauce is a dark-brown liquid made from soybeans that has undergone a fermenting process. Soy sauces have a salty taste, but are lower in sodium than traditional table salt. Specific types of soy sauce are shoyu, tamari and teriyaki. Shoyu is a blend of soybeans and wheat. Tamari is made only from soybeans and is a byproduct of making miso. Teriyaki sauce can be thicker than other types of soy sauce and includes other ingredients such as sugar, vinegar and spices.

**Soy Sprouts**
Although not as popular as mung bean sprouts or alfalfa sprouts, soy sprouts (also called soybean sprouts) are an excellent source of nutrition, packed with protein and vitamin C.

**Tempeh**
Tempeh, a traditional Indonesian food, is a chunky, tender soybean cake. Whole soybeans, sometimes mixed with another grain such as rice or millet, are fermented into a rich cake of soybeans with a smoky or nutty flavor. Tempeh can be marinated and grilled and added to soups, casseroles or chili.

**Soy Sprouts**
(Tamari, Shoyu, Teriyaki)
Soy sauce is a dark-brown liquid made from soybeans that has undergone a fermenting process. Soy sauces have a salty taste, but are lower in sodium than traditional table salt. Specific types of soy sauce are shoyu, tamari and teriyaki. Shoyu is a blend of soybeans and wheat. Tamari is made only from soybeans and is a byproduct of making miso. Teriyaki sauce can be thicker than other types of soy sauce and includes other ingredients such as sugar, vinegar and spices.

**Soy Milk**
Soybeans soaked, ground fine and strained produce a fluid called soybean milk. Soymilk is most commonly found in aseptic containers (nonrefrigerated, shelf stable), but also can be found in quart and half-gallon containers in the dairy case at the supermarket. Soymilk is also sold as a powder that must be mixed with water.

**Tofu & Tofu Products**
Tofu, also known as soybean curd, is a soft, cheese-like food made by curdling fresh, hot soymilk with a coagulant. Tofu is a bland product that easily absorbs the flavors of other ingredients with which it is cooked. Tofu is a good source of B vitamins and protein, and is low in sodium. Firm tofu is dense and solid and can be cubed and served in soups, stir fried or grilled. Firm tofu is higher in protein, fat and calcium than other forms of tofu. Soft tofu is good for recipes that call for blended tofu. Silken tofu is a creamy product and can be used as a replacement for sour cream in many dip recipes.

**Yuba**
Yuba is made by lifting and drying the thin layer formed on the surface of cooling hot soymilk. It has a high protein content and is commonly sold fresh, half-dried and as dried bean curd sheets. Found in Asian food stores.
SOY-BASED FOODS

Soy Protein Products (Meat Analogs)
Protein products made from soybeans contain soy protein or tofu and other ingredients mixed together to make a protein product. These protein products are sold as frozen, canned or dried foods. Usually, they can be used the same way as the foods they replace. With so many different protein products available to consumers, the nutritional value of these foods varies considerably. Generally, they are lower in fat, but read the label to be certain. Protein products made from soybeans are sources of protein, iron and B vitamins.

Soy Beverages
Soy beverages can be made with soymilk or isolated soy protein. Flavorings or fruit juices may be added. They can be purchased ready to drink or in a dry-powder form to which liquid is added.

Soy Cheese
Soy cheese is made from soymilk. Its creamy texture makes it an easy substitute for most cheeses, sour cream or cream cheese, and it can be found in a variety of flavors. Products made with soy cheese include soy pizza.

Infant Formulas, Soy-Based
Soy-based infant formulas are similar to other infant formulas except that a soy protein isolate powder is used as a base. Carbohydrates and fats are added to achieve a fluid similar to breast milk. The American Academy of Pediatrics says that for term infants whose nutritional needs are not being met from maternal breast milk or cow milk-based formulas, isolated soy protein-based formulas are safe and effective alternatives to provide appropriate nutrition for normal growth and development.

Whipped Toppings, Soy-Based
Soy-based whipped toppings are similar to other nondairy whipped toppings, except that hydrogenated soybean oil is used instead of other vegetable oils.

Soynut Butter
Made from roasted, whole soynuts, which are then crushed and blended with soybean oil and other ingredients, soynut butter has a slightly nutty taste, significantly less fat than peanut butter and provides many other nutritional benefits.

Soy Yogurt
Soy yogurt is made from soymilk. Its creamy texture makes it an easy substitute for sour cream or cream cheese. Soy yogurt can be found in a variety of flavors in natural food stores.

Nondairy Soy Frozen Desserts
Nondairy frozen desserts are made from soymilk or soy yogurt. Soy ice cream is one of the most popular desserts made from soybeans.
SOY RECIPES

Appetizers

Curry Spiced Soynuts with Tropical Fruits

Ingredients:
- 2 tablespoons Sugar
- 2 tablespoons Brown sugar, packed
- 3/4 tablespoon Curry powder
- 3/4 tablespoon Black sesame seeds, toasted
- 1/4 teaspoon Salt
- 1 cups Soynuts, dry-roasted, unsalted
- 3/4 tablespoon Brown rice syrup
- 1 cup Dried tropical fruits, diced

Description: Enjoy this exotic snack instead of your usual trail mix. Select dried fruits that you like. We chose dried mango, pineapple and papaya pieces for a taste of the tropics. Tip: A one-pound bag of soynuts yields approximately four cups.

Instructions:
Preheat oven to 300°F.
Blend first 4 ingredients in small bowl.
Microwave soynuts and brown rice syrup on high in medium microwave-safe bowl for 30 seconds; stir until coated. Sprinkle sugar mixture over soynuts; stir until coated. Spread on foil-lined baking sheet.
Bake 15 to 20 minutes, stirring once, until toasted.
Serves 8. Quick & Easy, Heart Healthy

Source: Soyconnection.com

Edamame-Ginger Dip

Ingredients:
- 8 ounces Frozen shelled edamame
- 1/4 cup Water
- 2 tablespoons Reduced-sodium soy sauce
- 1 tablespoon Minced fresh ginger
- 1 tablespoon Rice vinegar
- 1 tablespoon Tahini
- 1 Clove garlic
- 1/8 teaspoon Salt
- Hot pepper sauce to taste

Description: Think of this dip as an Asian version of hummus, made with edamame, ginger and soy. Serve with rice crackers and/or carrot sticks.
Prep time: 15 minutes • Cook time: 1 1/4 hours

Instructions:
Cook edamame according to package directions.
Puree the cooked edamame, water, soy sauce, ginger, vinegar, tahini, garlic, salt and hot sauce in a food processor until smooth. Chill for 1 hour before serving.
Serves 6. Low Carb and Heart Healthy

Nutrition Per Serving:
- 108 calories; 3 g fat (0 g saturated fat, 1 g monounsaturated fat); 0 mg cholesterol;
- 14 g carbohydrate; 5 g protein; 2 g fiber;
- 214 mg sodium; 32 mg potassium; 0 g added sugars

Serving Tips: To Make Ahead - Cover and refrigerate for up to 5 days

Source: EatingWell.com
**Creamy Edamame Arugula Soup**

**Ingredients:**
- 1 teaspoon Soybean oil (often labeled “vegetable oil”)
- 1 Onion (small), diced
- 3 cups Frozen edamame (shelled)
- 2 cups Low sodium vegetable or chicken broth
- 1 cup Plain soymilk
- 1 cup Baby arugula leaves, packed
- 1/2 teaspoon Salt (or to taste)
- 1/4 teaspoon Ground black pepper
- Greek-style yogurt (optional)

**Description:** Soup’s on! Packed with high-quality soy protein and fiber, this quick and easy homemade soup will warm your soul and keep you satisfied for hours.

**Prep time:** 5 minutes  •  **Cook time:** 15 minutes

**Instructions:**
- Heat soybean oil in large saucepan over medium heat. Add onions and cook for 2 to 3 minutes, until soft. Add edamame and broth; simmer for 5 to 6 minutes, until just tender.
- Place mixture in food processor; add soymilk and arugula. Process 1 minute, or until smooth. Return to saucepan. Heat over medium heat, stirring occasionally, until soup begins to simmer. Ladle into bowls; top with yogurt, if desired. Thin soup with additional vegetable broth as needed.

**Serves 6.**

**Quick & Easy**

**Nutrition Per Serving:** 140 calories, 12 g protein, 14 g carbohydrate, 2 g fiber, 4 g fat, 0 g sat. fat, 0 g trans fat, 0 mg cholesterol, 440 mg sodium

**Source:** United Soybean Board

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**Greek Lemon Rice Soup**

**Ingredients:**
- 4 cups Reduced-sodium chicken broth
- 1/3 cup White rice
- 12 ounces Silken tofu
- 1 tablespoon Extra-virgin olive oil
- 1/4 teaspoon Turmeric
- 1/4 cup Lemon juice
- 2 tablespoons Fresh chopped dill
- 1/4 teaspoon Ground black pepper

**Description:** Smooth silken tofu replaces the eggs in our version of the classic Greek soup. Add an extra drizzle of olive oil on top of each portion to give it an extra-luxurious taste.

**Prep time:** 15 min  •  **Cook time:** 15 min

**Instructions:**
- Bring broth and rice to a boil in a large saucepan. Reduce heat to a simmer and cook until the rice is very tender, about 15 minutes.
- Carefully transfer 2 cups of the rice mixture to a blender. Add tofu, oil and turmeric; process until smooth. (Use caution when pureeing hot liquids.) Whisk the tofu mixture, lemon juice, dill and pepper into the soup remaining in the pan. Heat through.

**Quick & Easy, Low Carb and Heart Healthy**

**Nutrition Per Serving:**
- 178 calories; 7 g fat (1 g saturated fat, 3 g mono unsaturated fat); 5 mg cholesterol; 18 g carbohydrates; 11 g protein; 0 g fiber; 147 mg sodium; 141 mg potassium

**Source:** EatingWell.com
Soy Turkey Chili

Ingredients:
3 cups Boiling Water
2 cups Texturized soy protein (TSP)
2 pounds Ground turkey breast
3 cups Onions, chopped
3 cups Green peppers, chopped
1 tablespoon Garlic, minced
1 tablespoon Soybean oil (vegetable oil)
10 ounces Canned diced tomatoes, incl. liquid
1 1/2 quarts Canned tomato sauce
4 ounces Canned green chilies, diced (1/2 cup)
1/3 cup Chili powder
2 teaspoons Salt
1 tablespoon Jalapeno peppers, minced
3 quarts Water

Instructions:
In a large bowl, pour boiling water over soy protein.
In a 14-quart pot, sauté turkey, onions, peppers and garlic in oil over medium high heat until turkey is no longer pink.
Add rehydrated soy protein and remaining ingredients. Bring to a boil; reduce heat and simmer uncovered for 45 minutes.
Serve with assorted condiments such as shredded lowfat Cheddar cheese, yogurt, sour cream or minced onion. Makes 24 servings.

Nutrition Per Serving: 97 calories, 16.0 g protein, 7.5 g carbohydrates, 1.3 mg fat, 27 mg cholesterol, 144 g sodium, 3.1 g dietary fiber

Source: SoyConnection.com

Salads

Beef Salad with Ginger Soy Dressing

Ingredients:
Ginger Soy Dressing
1/2 cup Soybean oil (often labeled “vegetable oil”)
1/4 cup Rice vinegar
1/4 cup Water
2 table spoons Reduced sodium soy sauce
1/4 cup Fresh green onion, chopped
1 1/2 teaspoon Fresh ginger, minced
1 teaspoon Fresh garlic, minced

Beef Salad
8 cups Baby salad greens
1 cup Shredded carrots
1 cup Frozen edamame (shelled), cooked according to package directions
1/2 cup Cherry tomatoes, halved
1 pound Flat iron or flank steak, grilled & sliced
1/2 cup Ginger Soy Dressing (rcp. above), divided

Description: Fill your plate with colorful veggies and greens, topped with lean sliced beef. Add a gingery soy dressing and this delicious salad will become a family favorite.
Prep time: 20 minutes

Instructions:
To Prepare Ginger Soy Dressing:
Place all Ginger Soy Dressing ingredients in food processor or blender. Process until smooth; cover and refrigerate.
Serves 4.

Quick & Easy

Nutrition Per Serving:
420 calories, 37 g protein, 13 g carbohydrate, 5 g fiber, 24 g fat, 5 g sat. fat, 0 g trans fat, 55 mg cholesterol, 290 mg sodium

Source: United Soybean Board
SOY RECIPES

Salads

Tabbouleh

Ingredients:
- 1 cup Bulgur
- 1/2 cup Dry textured soy protein granules
- 2 1/2 cups Boiling water
- 1 cup Flat-leaf parsley, finely chopped
- 1/2 cup Fresh mint, finely chopped (optional)
- 2 Tomatoes, diced
- 1 cup Cucumber, peeled, seeded and diced
- 1 bunch green onions, chopped (white & most of the green)
- 1 1/2 cups Edamame, shelled, cooked per pkg. instructions
- 1/4 cup Lemon juice
- 2 tablespoons Olive oil
- 1/2 teaspoon Salt
- 1/4 teaspoon Pepper

Description:
This colorful Middle Eastern salad is a wonderful change of pace from pasta and potato salads for summer picnics.

Prep time: 30 min • Cook time: 5 min

Instructions:
In a small bowl, stir together bulgur, textured soy protein and boiling water.
Cover tightly with lid or plastic wrap and let sit for 20–30 minutes, until bulgur is soft. Drain in a sieve to remove excess liquid and put the drained bulgur mixture into a medium mixing bowl.
Add the parsley, optional mint, tomatoes, cucumber, green onions, and edamame and mix.
Combine the lemon juice, olive oil, salt and pepper. Pour over the salad and mix well. Refrigerate before serving.

Low Carb

Nutrition Per Serving: 90 calories, 3 g fat, 5 g protein, 13 g carbohydrate

Source: www.nsrl.illinois.edu
Recipe from Around the World with Soy, National Soybean Research Laboratory at the University of Illinois

SOY RECIPES

Dressings

Lemon Miso Dressing with Soy

Ingredients:
- 1/2 cup Miso (fermented soybean paste)
- 1/3 cup Water
- 2 teaspoons Grated fresh gingerroot
- 1/3 cup Sugar
- 1/3 cup Lemon juice
- 2 tablespoons Soybean oil (vegetable oil)
- 1/2 teaspoon Grated lemon peel

Instructions:
Mix miso, water and ginger in blender; strain and reserve liquid. Blend reserved liquid and remaining ingredients until thoroughly mixed.

Makes about 1-1/2 cups.

Serving suggestion: Serve 2 to 3 tablespoons over mixed greens or sliced cucumbers.

Quick & Easy, Low Carb and Heart Healthy

Nutrition Per Serving:
(per 2 tablespoons dressing) 67 calories, 1.5 g protein, 9.4 g carbohydrates, 3.0 g fat, 0 mg cholesterol, 418 mg sodium, 0.7 g dietary fiber

Source: SoyConnection.com
Sweet and Spicy Asian Marinade

Ingredients:
- 1/2 cup Soybean oil
- 2 Cloves garlic
- 1/4 teaspoon Fresh ground black pepper
- 2 tablespoons Chopped fresh green onion
- 1/4 cup Fresh lime juice
- 1/4 cup Soy sauce
- 2 tablespoons Brown sugar
- 1/4 teaspoon Dried chili flakes

Description:
Neutral-tasting soybean oil is the perfect heart-healthy choice to marinate your favorite meats. This versatile marinade adds flavor and helps to tenderize chicken, pork, beef, fish and even firm tofu. The following recipe can be used to marinate 2 pounds meat of your choice.

Prep time: 3 minutes

Instructions for Sweet and Spicy Asian Marinade:
Whirl in food processor for 30 seconds until blended.

Heart Healthy

Nutrition Per Serving:
(1 tablespoon): 70 calories, 0 g protein, 2 g carbohydrate, 0 g fiber, 7 g fat, 1 g sat. fat, 0 g trans fat, 0 mg cholesterol, 150 mg sodium

Source: United Soybean Board

SOY RECIPES

Entrees

Lemon Artichoke Souffle

Ingredients:
- 8 Eggs
- 3 cups Soymilk, fat-free, unsweetened
- 3/4 teaspoon Mustard, dry
- 1/2 teaspoon Salt
- 1/4 cup Artichoke hearts in water, drained, chopped (1 can = 14 oz.)
- 2 teaspoons Lemon peel, grated
- 1 1/2 teaspoons Thyme, ground
- 12 White bread, slices
- 1/4 cup Butter or margarine, melted
- 1/4 cup Basil, fresh
- 1 tablespoon Thyme, fresh
- 1 cup Sour cream, low-fat
- 1 teaspoon Garlic, minced
- 1/2 teaspoon Lemon juice
- 1/4 teaspoon Salt
- 1/8 teaspoon Cayenne pepper, ground

Description: Despite the fancy name, this is an easy comfort food to bake for brunch.

Instructions:
Stir eggs, soymilk, mustard and salt in large bowl until blended; set aside. Stir artichokes, lemon peel and thyme in medium bowl until blended; set aside.

Place basil sauce ingredients in food processor or blender and puree until smooth; set aside.

Cut crust off of bread. Place crust in food processor and process to fine crumbs; set aside. Place 6 slices bread in buttered 13x9x2-inch pan, covering bottom. Spoon lemon-artichoke mixture over bread. Sprinkle with cheese. Place remaining 6 slices bread over cheese. Pour egg mixture over top of bread. Cover and refrigerate at least 8 hours or overnight.

Preheat oven to 350°F. Let soufflé stand at room temperature 1 hour before baking. Mix melted butter and reserved crust crumbs together. Sprinkle over top of soufflé just before baking. Bake at 350°F for 50 to 60 minutes until set and top is browned. Remove from oven and let stand 5 minutes before cutting. Serve with dollop of basil sauce.

Nutrition Per Serving: 420 calories (43% calories from fat), 23 g protein, 38 g carbohydrate, 4 g fiber, 20 g fat, 8 g sat. fat, 240 mg cholesterol, 1390 mg sodium

Source: SoyConnection.com
SOY RECIPES
Entrees
Risotto with Edamame, Arugula and Porcini

Ingredients:
- 1 ounce Dried porcini (or other dried) mushrooms
- 2 cups Water
- 2 cups Edamame, frozen, shelled (10 oz. pkg., about 2 cups)
- 1 1/2 cups Arborio rice
- 1/4 cup Chopped shallot
- 1 1/2 tablespoons Extra-virgin olive oil
- 1 teaspoon Lemon zest
- 1/2 teaspoon Salt
- 2 cups Arugula, torn into bite-size pieces
- 1/2 cup Freshly grated Parmesan cheese

Description:
Not up for 20 minutes of leaning over the stove? You can still enjoy this main-course risotto, studded with tasty green soybeans, because the microwave eliminates much of the constant stirring required for preparing a stovetop risotto.

Prep time: 10 minutes  •  Cook time: 30 minutes

Instructions:
Bring mushrooms and water to a boil in a small saucepan over high heat. Cover the pan and remove from the heat; let stand until the mushrooms are softened, about 10 minutes. Line a fine-mesh sieve with a wet paper towel and place over a large measuring cup or medium bowl. Pour the mushrooms and liquid into the sieve. Reserve the liquid. Transfer the mushrooms to a cutting board and let cool slightly, then coarsely chop. Add enough water to the strained liquid to equal 4 1/2 cups; set aside the mushrooms and liquid.

Cover edamame with water in a small saucepan and bring to a boil over high heat. Reduce heat to medium and simmer for 2 minutes; set aside in the cooking water. Meanwhile, place rice and shallot in a shallow 3-quart baking dish that will fit and rotate properly in your microwave. Stir in oil until the rice is evenly coated. Spread the rice evenly in the dish and microwave, uncovered, on High until it looks opaque and is just beginning to color in one or two spots, 3 minutes. Add lemon zest and juice, salt, pepper, the reserved chopped mushrooms and the mushroom water; stir together well. Microwave on High for 9 minutes. Stir well, then microwave until the rice is tender but still firm in the center and most of the liquid has been absorbed, 9 minutes more. Depending on the power of your microwave, this last cooking time will vary. After 9 minutes, cook in 3-minute intervals, stopping to stir and test rice for doneness. Drain the edamame and add to the risotto along with arugula and Parmesan; stir until the arugula is wilted. Serve immediately.

Nutrition Per Serving:
1 1/2 cup - 336 calories; 10 g fat (2 g saturated fat, 5 g mono unsaturated fat); 6 mg cholesterol; 42 g carbohydrates; 15 g protein; 7 g fiber; 437 mg sodium; 86 mg potassium

Source: EatingWell.com
Tofu Satay with Soy Butter

**Ingredients:**
- 15 ounces Firm tofu*, drained
- 1/4 cup Low sodium soy sauce
- 1 tablespoon Packed brown sugar
- 1 tablespoon Ea. finely chopped green onion & cilantro
- 1 teaspoon Curry powder
- 1/4 teaspoon Crushed red chilies
- 1 Red or green bell pepper, cut into 1-inch squares

**Soybutter**
- 3 tablespoons Warm water
- 1/2 cup Soynut butter
- 2 tablespoons Soy sauce
- 1 tablespoon Each lime juice and honey
- 1 Clove garlic, minced
- 1 teaspoon Cilantro, chopped
- 1/4 teaspoon Crushed red chilies

**Instructions:**
**Tofu Satay:** 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 remaining ingredients, except peppers, and pour over tofu; turn cubes to coat all sides. Marinate 1 hour turning cubes after 30 minutes. Alternate tofu and peppers on 4 bamboo skewers**.

Grill over medium heat or broil until browned on all sides; baste several times during cooking.

Makes 4 servings.

**Soybutter:** Mix all ingredients with a fork; if thinner consistency is desired, add more warm water. May be served at room temperature or warm over low heat, stirring occasionally, or microwave at High 45 to 60 seconds. Use as dipping sauce for Tofu Satay

Makes 3/4 cup.

**Serving suggestion:** Serve with bottled hot chili sauce.

* If refrigerated water-pack tofu is not available, substitute shelf-stable (silken) tofu. Broil in oven, without putting cubes on skewer, until lightly browned.

** **Soak bamboo skewers in water 1 hour or longer to prevent exposed parts from burning.

**Nutrition Per Serving:**
- (Tofu Satay): 167 calories, 16.2 gm protein, 9.7 gm carbohydrates, 8.8 gm fat, 0 mg cholesterol, 363 mg sodium, 3.0 gm dietary fiber. Nutritional Analysis per tbsp
- (Soybutter): 65 cal., 2.2 g pro., 3.7 g fat (53% cal. from fat), 5.3 g carb., 0 mg chol., 0.4 g fiber, 228 mg sodium.

**Source:** SoyConnection.com
SOY RECIPES

Deserts and Baked Goods
Corn and Soy Muffins

Ingredients:
1 1/2 cups All purpose flour
1/2 cup Yellow cornmeal
1/4 cup Soy flour
1/4 cup Sugar
1 tablespoon Baking powder
1/2 teaspoon Salt
1 cup Light soymilk
2 Eggs

Instructions:
Mix flour, cornmeal, soy flour, sugar, baking powder
and salt. Combine soymilk, eggs and oil; add to dry
ingredients and mix only enough to moisten.

Bake at 400°F for 15 minutes.

Makes 12 muffins. Quick & Easy

Nutrition Per Serving:
162.4 calories, 4.2 gm protein,
22.8 carbohydrates, 6.2 gm fat, 35.4 mg cholesterol, 1.0
gm saturated fat, 237.9 mg sodium, 1.0 gm dietary fiber

Source: SoyConnection.com

Chocolate Soynut Butter Oat Cookies

Ingredients:
1/2 cup Margarine, softened
1/2 cup Roasted soynut butter
1 1/2 teaspoons Cinnamon
1 1/2 teaspoons Nutmeg
1 cup Sucanat®
2 Large eggs
1 1/2 cups Unbleached white flour
1 1/2 teaspoons Baking soda
1 teaspoon Salt
6 ounces Rolled oats

Description: May substitute equal amount of white sugar
for Sucanat®. Nutrient content and taste will change.

Instructions:
Cream together margarine, soynut
butter, cinnamon and nutmeg until light and fluffy.
Add Sucanat® gradually and mix. Turn off mixer
and scrape down bowl. Beat in eggs, one at a time,
and then add 1/4 cup water and mix on low speed.
Add flour; baking soda and salt to bowl and blend.
Stir in chocolate chips and oats. Drop onto greased
cookie sheet with #100 scoop. Bake at 375°F about 10
minutes. Remove and cool.

Nutrition Per Serving: Per Cookie: 75 calories,
1 g protein, 10 g carbohydrates, 4 g total fat,
1 g saturated fat, 10 mg cholesterol, 90 mg sodium

Source: SoyConnection.com
Francine’s Best Soy Cookies

**Ingredients:**
- 2 cups Soy margarine
- 2 1/4 cups Packed brown sugar
- 2 1/4 cups Granulated sugar
- 4 Eggs
- 1 tablespoon Vanilla
- 3 1/2 cups All-purpose flour
- 3/4 cup Soy flour
- 1 teaspoon Salt
- 2 teaspoons Baking soda
- 2 teaspoons Baking powder
- 1 1/2 cups Quick-cooking rolled oats
- 2 cups Shredded coconut
- 2 cups Semi-sweet chocolate chips
- 2 cups Whole toasted soybeans

**Instructions:**
1. Cream margarine, sugars, eggs and vanilla on medium speed of mixer until blended.
2. Combine flour, soy flour, salt, baking soda and baking powder; mix well.
3. Add flour mixture to creamed mixture. Mix until ingredients are combined; do not overtax.
4. Add remaining ingredients, one at a time; mix well after each addition.
5. Lightly spray baking sheets with soy pan spray.
6. Drop dough onto sheets 2-inches apart, using a No. 40 scoop.
7. Bake at 325°F about 15 minutes or until lightly browned.

**Easy Apple Spice Cake**

**Ingredients:**
- 7/8 pounds Brown sugar
- 4 ounces Soy margarine
- 2 Eggs
- 3/4 pounds All-purpose flour
- 1 3/4 ounces Soy protein isolates
- 2 teaspoons Baking soda
- 2 teaspoons Baking powder
- 1 teaspoon Grated lemon peel
- 1 teaspoon Ground cinnamon
- 1/2 teaspoon Ground nutmeg
- 1/2 teaspoon Salt
- 1 cup Coffee, cold
- 1/2 quart Apples, pared, diced
- 6 ounces Raisins
- 1 teaspoon Vanilla

**Topping:**
- 2 ounces Granulated sugar
- 2 ounces Brown sugar
- 1 ounce Walnuts, chopped

**Instructions:**
1. Cream sugar and margarine until light and fluffy.
2. Add eggs, one at a time, beating after each addition.
3. Combine flour, soy protein, baking soda, baking powder, lemon peel, spices and salt; mix well.
4. Add dry ingredients alternately with coffee to creamed mixture; mix well.
5. Mix in apples, raisins and vanilla.
7. Sprinkle with topping.
8. Bake at 350°F for 45 minutes or until wooden pick inserted near center comes out clean.

**Nutrition Per Serving:**
- 187 calories, 15.6 mg cholesterol, 3.6 g protein, 0.9 g fiber, 5.2 g fat, 216 mg sodium, 32.7 g carbohydrate, 24% calories from fat

**Source:** SoyConnection.com
**SOY RECIPES**

**Deserts and Baked Goods**

**Mixed Berry-Almond Gratin**

**Ingredients:**
- 1/3 cup Slivered almonds (1 1/4 ounces)
- 1/2 cup Granulated sugar or Splenda Granular
- 2 tablespoons All-purpose flour
- Pinch Salt
- 1 Large egg
- 1/3 cup Firn silken low-fat tofu
- 1 tablespoon Butter, softened
- 1/4 teaspoon Pure almond extract
- 3 cups Mixed berries, such as raspberries, blackberries and blueberries

**Confectioners’ sugar for dusting**

**Description:** How simple and delicious are berries topped with a rich custard and baked into a crusty dessert (or breakfast) gratin. No one will ever guess that you’ve replaced much of the butter in traditional almond cream with tofu.

**Prep time:** 10 minutes  •  **Cook time:** 50 minutes

**Instructions:**
1. Preheat oven to 400°F. Coat a 1-quart gratin dish or a 9-inch pie pan with cooking spray.
2. Spread almonds in a shallow baking pan and bake until light golden and fragrant, 4 to 6 minutes. Let cool.
3. Place sugar (or Splenda), flour, salt and almonds in a food processor; process until finely ground. Add egg, tofu, butter and almond extract; process until smooth.
4. Spread berries evenly in the prepared gratin dish. Scrape the almond mixture over the top, spreading evenly.
5. Bake the gratin until light golden and set, 40 to 50 minutes. Let cool for at least 20 minutes. Dust with confectioners’ sugar and serve warm.

**Heart Healthy**

**Nutrition Per Serving:** 195 calories; 7 g fat (2 g saturated fat, 3 g mono unsaturated fat); 40 mg cholesterol; 30 g carbohydrates; 4 g protein; 4 g fiber; 48 mg sodium; 164 mg potassium

**Serving Tips:** To make ahead: Prepare through Step 3. Cover and refrigerate for up to 8 hours.

**Source:** EatingWell.com

**SOY RECIPES**

**Beverages**

**Berry-nana Soy Smoothie**

**Ingredients:**
- 1 cup Vanilla soymilk
- 1 cup Frozen blueberries or frozen berry mix
- 1 Banana, sliced
- 1 tablespoon Soy protein powder
- 1/2 cup Ice cubes
- 1 teaspoon Honey (optional)

**Description:** Take the strain off your wallet by whipping up your grab-and-go breakfast at home.

**Prep time:** 3 minutes

**Instructions:**
Puree all ingredients in blender on high until smooth.

**Quick & Easy**

**Nutrition Per Serving:** 150 calories, 7 g protein, 27 g carbohydrate, 4 g fiber, 2.5 g fat, 0 g sat. fat, 0 g trans fat, 0 mg cholesterol, 80 mg sodium

**Source:** United Soybean Board
Message from the Chair: United Soybean Board Celebrating 20th Anniversary

As the United Soybean Board (USB) celebrates its 20th anniversary, there are numerous milestones throughout the years I would like to recognize. In 1999, the U.S. Food and Drug Administration approved a health claim for the benefit of soy protein on heart health. Qualifying soy products now carry the health claim on their packaging to keep consumers informed about the advantages of choosing soy.

Additionally, USB has continued its efforts over the years to improve soybean oil for the food industry, and ultimately, to benefit the consumer. Soybean oil’s low cost and ability to be heated to relatively high temperatures are great for commercial and household cooking, and help maintain the delicious flavor of food. USB has stayed on the forefront of soybean oil technology, including the latest developments in high-oleic soybean oil, which offers lower saturated fat content.

USB, in partnership with the National Corn Growers Association, has developed a national program called CommonGround™ to share the farmer’s true story with consumers. Farm women share information with their counterparts in cities and suburbs about where food comes from, and about the safety, health and affordability of their food choices. The success of the program continues to grow and more consumers have the opportunity to interact with farm women and hear their stories.

The past twenty years have brought a lot of wonderful changes to the soyfood industry. Our farmers remain steadfast in their desire to provide affordable, high quality soy products to enhance you and your family’s meals now and for years to come.
United Soybean Board Celebrating 20th Anniversary
Soybean Checkoff Milestones: 1990-2011

1990: U.S. Congress creates the national soybean checkoff.

1991: USDA secretary appoints 63 farmers from 30 states and two regions to serve on USB.

1992: USB helps fund how soy can be used as fish feed in Asian markets.

1993: National Biodiesel Board funds first biodiesel demo in large vehicle fleets.

1994: Checkoff funds effort to increase poultry, egg and meat exports.


1997: USB finds U.S. soy can be improved to meet future needs of end users.

1998: Checkoff provides research to FDA confirming link of soy protein to heart health.


2000: NIH awards first grant studying additional links between soy protein and reduced risks to health.

2001: John Deere announces checkoff-funded technology to manufacture soy-based polymer for rear combine panels.

2002: USDA becomes first federal department to install carpet using soy-based backing developed through checkoff-funded research.

2003: Helped create with USDA a soybean rust early-warning system.

2004: USB establishes initiative with state checkoff boards to support U.S. animal ag.

2005: Production partnerships lead to soybean varieties with oil requiring no hydrogenation, avoiding trans fats.

2006: Checkoff facilitated Soy 2020, the industry-wide effort for the future of the U.S. soy industry.

2007: Ford manufactures new Mustangs with soy-based foam seating developed with the help of checkoff-funded technology.

2008: Checkoff investments help export 1.5 billion bushels of U.S. soy, an annual record-breaking trend.

2009: Partnership with National Science Foundation maps the soybean genome, which speeds development of U.S. soybean varieties.

2010: Agriculture leads all U.S. economic sectors in balance of trade with soy exports topping the list.

2011: In its 20th year, USB creates plan to grow future U.S. soy demand to make U.S. soybeans the leader in the global oilseed industry.
The Soyfoods Guide is published by the United Soybean Board (USB) and distributed through state soybean checkoff boards in Alabama, Arkansas, Delaware, Georgia, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Michigan, Minnesota, Mississippi, Missouri, Nebraska, New Jersey, New York, North Carolina, North Dakota, Ohio, Oklahoma, Pennsylvania, South Carolina, South Dakota, Tennessee, Texas, Virginia and Wisconsin.

The United Soybean Board is made up of 69 farmer-directors who oversee the investments of the soybean checkoff on behalf of all U.S. soybean farmers. The 69 farmer-directors of USB oversee the investments of the soy checkoff to maximize profit opportunities for all U.S. soybean farmers. These volunteers invest and leverage checkoff funds to increase the value of U.S. soy meal and oil, to ensure U.S. soybean farmers and their customers have the freedom and infrastructure to operate, and to meet the needs of U.S. soy's customers. As stipulated in the federal Soybean Promotion, Research and Consumer Information Act, the USDA Agricultural Marketing Service has oversight responsibilities for USB and the soy checkoff. Additional soyfoods information is available at www.soyinformation.org.

Recipe creation, food stylists and photography: United Soybean Board, The Vandiver Group, Inc., EatingWell.com and National Soybean Research Laboratory (NSRL)

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