

# Shopping for Soyfoods Checklist

Check Box	Soyfood	Location	How to Prepare
<input type="checkbox"/>	Edamame	Freezer	<ul style="list-style-type: none"> <li>• Serve whole pods as a snack.</li> <li>• Shell as topping for salads and pastas.</li> <li>• Puree and put in hummus, guacamole and other dips.</li> </ul>
<input type="checkbox"/>	Miso	Produce cooler	<ul style="list-style-type: none"> <li>• Flavor soups, sauces, dressings, stir-fries, marinades and pâtés.</li> </ul>
<input type="checkbox"/>	Soybean Oil	Baking ingredients	<ul style="list-style-type: none"> <li>• Bake, sauté or fry using soybean oil.</li> <li>• Use as a base ingredient in salad dressings and marinades.</li> </ul>
<input type="checkbox"/>	Soybeans (canned)	Canned vegetables	<ul style="list-style-type: none"> <li>• Use as a base ingredient in chili, hummus dip or use the black soybean variety to make baked or refried beans.</li> </ul>
<input type="checkbox"/>	Soy milk	Dairy	<ul style="list-style-type: none"> <li>• Add to coffee or lattes.</li> <li>• Use as a base ingredient in smoothies, pancakes, crepes and waffles.</li> </ul>
<input type="checkbox"/>	Soy nut Butter	Jams and spreads	<ul style="list-style-type: none"> <li>• Use as a peanut butter substitute on sandwiches, waffles and bagels.</li> <li>• Blend into smoothies.</li> </ul>
<input type="checkbox"/>	Soy nuts	Salad toppers/bulk foods	<ul style="list-style-type: none"> <li>• Add to trail mix and salads or as a stand-alone snack.</li> </ul>
<input type="checkbox"/>	Tempeh	Produce cooler	<ul style="list-style-type: none"> <li>• Add to spaghetti, chili, tacos, casseroles, sauces and marinades.</li> </ul>
<input type="checkbox"/>	Tofu (Silken and Firm)	Produce cooler	<ul style="list-style-type: none"> <li>• <b>Silken tofu:</b> Puree into dips, dressings, spreads or desserts.</li> <li>• <b>Firm tofu:</b> Stir-fry, grill or add slices to a veggie sandwich.</li> </ul>