

Shopping for Soyfoods Checklist

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