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Solid Research Foundation Behind Dietary Guidelines, MyPlate Recommendations

By Joanne Slavin, PhD, and Katie Koecher

Background of Dietary Guidelines

The Dietary Guidelines for Americans were first published in 1980 and have been published every 5 years since then. These guidelines impact nutrition policy. The need for "numbers" in the guidelines is driven by the relationship between the guidelines and federal nutrition programs. Nutrition assistance programs such as school lunch and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) are required to base regulations on the "most recent scientific knowledge," which in the US is the Dietary Guidelines.

The Dietary Guidelines Advisory Committee develops the scientific base for the Dietary Guidelines. The 2010 Advisory Committee included 13 members with wide expertise in nutrition, food science, life cycle nutrition, and nutrition education. The Advisory Committee works in subcommittees to address questions of diet and disease risk. The 2010 subcommittees were energy balance, carbohydrates and protein, fats, nutrient adequacy, sodium and fluids, and food safety.

The 2010 Advisory Committee used an evidence-based review process. The body of evidence for each question is examined, and an evidence-based review process is used to conclude whether the evidence is strong, moderate, or limited. Agreeing on the strength of the relationship is difficult since, for each question, different types of studies have been published. For each question the 2010 Advisory Committee addressed in the evidence-based report, the search criteria, inclusion and exclusion criteria for studies, the range of dates searched, and other information used in the review, are all available on the USDA portal, which is found on the USDA website. The transparency used in an evidence-based approach is designed to minimize bias.

Where Does Soy Fit In?

So where and how does soy fit into the dietary guidelines? A versatile food, soybeans can be incorporated into the diet in many forms. They can be eaten whole as immature beans (edamame), mature beans (soy nuts), or transformed into many products including soymilk, tofu, soy protein, or tempeh. Regardless of form, soy products are nutritionally dense and represent a dietary source of protein, vitamins, minerals, and in many instances, dietary fiber.

Protein

Protein needs are set based on ideal body weights, and average protein intake in the US is generally more than adequate. For men and women, protein provides about 15% of total calories. Protein found in animal sources such as meat, poultry, fish, eggs, and milk provide all nine indispensable amino acids and are referred to as "complete proteins." Protein found in plants, legumes, grains, nuts, seeds, and vegetables tend.
to be low relative to needs in one or more of the indispensable amino acids and are called “incomplete proteins.” It is easy to complement protein sources; grains are low in the amino acid lysine and high in methionine; whereas, legumes are low in methionine and high in lysine. Although plant based, soy protein is a high quality plant protein and isolated soy protein has 95–100% digestibility.8

Researchers at Johns Hopkins University9 estimated intakes of animal and plant protein in US adults, based on the Third National Health and Nutrition Examination Survey, 1988–1999. The main protein source in the American diet is animal protein (69%). Whereas grains (19%) contributed the most to plant protein consumption. Consumption of soy and other legumes is extremely low in the US population. This situation presents challenges in determining health outcomes with plant proteins. Most questionnaires do not track soy intake well, especially as newer sources of soy have entered the diet. Diets adequate in protein can be designed in many ways and are reflected in eating patterns around the world. Using the recommended daily allowance for protein, a 150 pound adult would require 54 grams of high quality protein daily. Three ounces of lean meat contain about 25 grams of protein, 1 cup of milk (either dairy or soy) contains eight grams of protein, ½ cup tofu contains a minimum of 5.6 grams of protein, and cereals, grains, nuts, and vegetables contain about two grams of protein per serving.

**Protein and Healthy Outcomes**

The 2010 Advisory Committee agreed to examine five questions on animal and plant proteins and health outcomes. A key question was as follows:

“What is the relationship between vegetable protein and/or soy protein and selected health outcomes?”

In regard to this question, the Advisory Committee concluded:

“Few studies are available, and the limited body of evidence suggests that vegetable protein does not offer special protection against type 2 diabetes, coronary heart disease, and selected cancers. Moderate evidence from both cohort and cross-sectional studies show that intake of vegetable protein is generally linked to lower blood pressure. Moderate evidence suggests soy protein may have small effects on total and low density lipoprotein cholesterol in adults with normal or elevated blood lipids, although results from systematic reviews are inconsistent. A moderate body of consistent evidence finds no unique benefit of soy protein on body weight. A limited and inconsistent body of evidence shows that soy protein does not provide any unique benefits in blood pressure control.”

The Advisory Committee also noted the implications of its findings in regard to vegetable or soy protein and selected health outcomes:

“Our review indicated that intake of vegetable protein is generally linked to lower blood pressure, but this could be due to other components in plant foods, such as fiber, or other nutrients. Individual sources of vegetable protein have no unique health benefits, so choice of plant protein sources can come from a wide range of plant-based foods. Consumption of plant proteins of lower quality is generally fine as long as calorie needs are met and effort is made to complement the incomplete vegetable protein. Consumption of lower-quality protein is of great concern when protein needs are high. Thus, consumption of lower-quality vegetable protein must be carefully considered during pregnancy, lactation, and childhood. Additionally, recommendations to lower caloric intake to combat obesity by increasing plant-based food intake must be linked to cautionary messages to maintain protein total intake of sufficient quality at recommended levels.”
Challenges in Evaluating Diet and Disease Relationships

Issues with contradictory evidence in the Dietary Guidelines Advisory Committee 2010 report were reviewed by researchers at the University of North Carolina. They suggest that the report does not provide sufficient evidence to conclude that increases in whole grain and fiber and decreases in dietary saturated fat, salt, and animal protein will lead to positive health outcomes. They state that lack of supporting evidence limits the value of the proposed recommendations as guidance for consumers or as the basis for public health policy. Their support of lower carbohydrate intakes, a view shared by many of the public comments to the Advisory Committee, is definitely an area needing more discussion for the 2015 Dietary Guidelines.

Conclusion

Efforts to micromanage the diet by imposing strict dietary rules are difficult to support with evidence-based nutrition science. Because humans are omnivores, they can survive on a wide range of foodstuffs. Yet with the need to decrease calories to address the obesity epidemic, the protein content of the diet becomes more critical. Clear label information on total calories and protein in a consumed portion would be of benefit to consumers attempting to control calorie intake and obtain essential protein. Nutrient needs across the life cycle vary greatly, so general advice, although well-meaning, may actually be harming health status and making the obesity epidemic worse.

About the Authors

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“Regardless of form, soy products are nutritionally dense and represent a dietary source of protein, vitamins, minerals, and in many instances, dietary fiber.”

References


The key to good nutrition depends on the type and amounts of food consumed in relation to the amount of exercise. MyPlate is a great image—a plate—and is accompanied by messages to encourage consumers to make healthy choices. It is easy to understand and helps promote nutrition messages based on the 2010 Dietary Guidelines. In general, half of the plate should be fruits and vegetables; smaller amounts are protein, cereals, and dairy. MyPlate was developed as an effort to promote healthy eating for consumers. MyPlate does not, however, show specific amounts of foods to eat.

**What about grains in MyPlate?**
Grains compose 25% of MyPlate; you need at least half of your daily grain consumption to be whole grains. Examples of whole grains are brown rice, oatmeal and whole wheat flour. There are different ways to add soy products to grains. For example, soy crumbles can be cooked in a sauce pan with onions, tomato sauce and other seasonings and served over whole grain pasta. Serve soy crumbles in salsa inside whole wheat tortilla tacos.

**What soyfoods are in Protein Foods Group?**
Many soy products (such as tofu, tempeh and soy crumbles) are included in the Protein Foods Group. They are made from soybeans and are similar to other protein foods. For example, eat veggie burgers at a meal, like a hamburger. Serve soy crumbles or tofu in tomato sauce over your favorite grain. Saute/grill tofu cubes as a stir fry, or serve as a shish kabob with sliced red peppers, onions and mushrooms with a citrus vinaigrette sauce. Soy nuts can be eaten as a snack, in tossed salads or added to other recipes that include nuts. Tofu is a great food to add to just about any sauce, in a salad or many...
other ways. Even those who say they don’t like tofu would be surprised when it is added to sauces without their knowledge. Soyfoods are a great protein source and much healthier for the average American than most other high protein foods. Other soy protein options include smart deli baked ham style, bacon style strips, sausages, ground sausages style, chicken style and chorizo.

What about fats, oils and sweets?
The MyPlate icon includes only the five food groups to help consumers prioritize their choices. Oils are typically a component in food. Fats and oils are high in calories and some are healthier than others. Soy oil is a great oil to use in cooking and in salad dressings because it provides a combination of omega-3 and omega-6 fatty acids. Use it in cooking your stir fry tofu and vegetable dishes; use it in making your own salad dressing. If you are adventuresome, you can even make your own mayonnaise with soy oil.

How much fiber should I eat?
Most adult Americans do not eat enough fiber. Aim for 28–32 grams of fiber per day. Some of the best sources of fiber include beans and peas, vegetables, fruits, whole grains, and nuts. Soyfoods such as soy nuts, soybeans and edamame are great sources of fiber.

In what food group are soymilk and other soy products?
Fortified soymilk is in the Dairy Group as it provides a similar nutrition profile as cow’s milk, particularly calcium, vitamin D, vitamin A, potassium, and protein. Other soyfoods in this group include soy cheese, soy yogurt and soy ice cream.

“Soy oil is a great oil to use in cooking and in salad dressings because it provides a combination of omega-3 and omega-6 fatty acids.”

About the Authors

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References
Heart disease is the leading cause of death for both men and women, according to the Center for Disease Control (CDC). Heart disease is responsible for one in six deaths in the United States, totaling approximately 600,000 per year. Coronary heart disease (CHD) alone costs the United States $108.9 billion each year and includes the cost of health care services, medications, and lost productivity. Behavioral risk factors including an unhealthy diet, physical inactivity, tobacco use and alcohol abuse account for about 80% of coronary heart disease and cerebrovascular disease. The good news is that heart disease is largely preventable.

Diet plays a major role in reducing one’s risk of developing heart disease. Diets low in saturated fat and cholesterol have been associated with a reduced risk for CHD. In addition to fruit, vegetables, whole-grains, low-fat dairy and lean protein, soy protein offers significant benefits. The Food and Drug Administration (FDA) recognized the health benefits of soy protein by approving a health claim in October, 1999. The health claim states that 25 grams of soy protein per day may reduce risk of coronary heart disease. To qualify, soy products must provide at least 6.25 grams of soy protein per serving and be low in saturated fat, sodium and cholesterol.

Soyfoods are a rich source of high quality protein. They are beneficial to cardiovascular health because of their high content of polyunsaturated fats, fiber, vitamins, minerals, while being low in saturated fat. Replacing full-fat products with soy products will reduce saturated fat and cholesterol intake. This reduction will result in a more favorable lipid profile and potentially reduce CHD risk. If you are looking for ways to add more soy into your diet, try these delicious and easily prepared soyfoods.

Try **edamame**: Buy frozen to have on hand for a quick snack (steam for ten minutes, sprinkle with 1 cup Parmesan or splash with low sodium soy sauce) or add them into salads, stews or pasta dishes.

Experiment with **miso** paste made from fermented soybeans: Add a few teaspoons to soup bases, dips, and marinades for a salty, nutty flavor, or use in place of butter on potatoes or pasta.
Tackle **tofu** with these tricks: Pat tofu dry, then freeze solid. As it thaws, it releases liquid, resulting in a chewier, denser texture—perfect for skewering. Coat tofu with barbecue or teriyaki sauce, then grill. Marinate tofu and slow-bake at 350°F for an hour for a firm crust and custardy interior. Put 4oz of soft tofu into lasagna to replace the ricotta cheese. Scramble tofu with vegetables and spices to replace scrambled eggs and eliminate cholesterol.

Switch to **soymilk**: Equivalent to cow’s milk in terms of calories, carbs, protein and calcium but with half the sugar content. Use soymilk in shakes and smoothies, with hot and cold cereals, and in your favorite coffee drink. Soymilk can also replace milk in cream sauces, soups and baked goods.

Snack on **soy nuts** and **soy nut butters**: Make a trail mix with soy nuts and your favorite dried fruits. Spread soy nut butter on an apple or a banana for a quick snack or try a soy nut butter and jelly sandwich.

Consider substitutes with **textured vegetable protein** (TVP): Substitutes can be a quick and convenient way to increase soy in the diet. Sprinkle soy burger crumbles over salad, add to chilies and soups or use in tacos and tamales. (Note, TVP can be high in sodium, so always read labels. Individuals at high risk for heart disease should aim for less than 1.5 grams of sodium per day.)

Additional inspiration and soy recipes can be found using websites and smartphone apps such as Cooks, Epicurious, and Evernote Food. Search myplate.gov for more tips on how to increase vegetarian protein sources. The 2013 Healthy Lunchtime challenge provides sample menus and recipes.

“**Soyfoods are a rich source of high quality protein. They are beneficial to cardiovascular health because of their high content of polyunsaturated fats, fiber, vitamins, minerals, while being low in saturated fat.**”

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**About the Author**

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**References**

The Procter & Gamble Company led the greatly expanded production and broad use of vegetable oils in food products to replace animal fats that contain high levels of saturated fatty acids in the early 20th century. Since that time the further processing of vegetable oils, including hydrogenation, has progressed to virtually replace animal fat products, which has led to a significant reduction in saturated fats consumed by the average American. Vegetable oils are used to provide the expected mouthfeel of food products and to carry flavors preferred by consumers. Besides, vegetable oils also provide essential fatty acids and vitamin E necessary for good health and aid in the body’s ability to absorb and effectively use vitamins provided by other food ingredients. Besides the bottled version in almost everyone’s kitchen cabinet (labeled as “vegetable oil”), soybean oil is used in everything from literally soup to nuts, not to mention food service products that are fried or baked.

Soybean oil is the most widely available and most widely used vegetable oil in the United States. The soybean is the most adaptable oilseed crop suited to farm acreage and the climate in North America. Besides the sheer volume of oil produced on so much greater acreage, soybeans are planted over a much broader geographic area, rendering them less susceptible to weather vagaries of any particular growing season. Soybean oil has the greatest security of supply of all vegetable oils available in North America, which is a major factor in food companies’ decision to use specific ingredients.

Since the content of trans-fat (a byproduct of partial hydrogenation performed to increase stability) has been required to be labeled on most packaged food products, some soybean oil in the American diet has been replaced by palm, canola, and other oils. Nevertheless, refined, bleached and deodorized (RBD) soybean oil will remain a mainstay in salad dressings, basic cooking applications, the liquid fraction in margarine, and many other staple foods. However, an exciting opportunity for soybean oil of the future is the high oleic version.

High oleic soy has less unstable linolenic acid and more highly stable oleic acid. High oleic soy is an immediate alternative for virtually all frying applications that previously depended on partially hydrogenated oils. High oleic soy will also provide a heat-stable liquid fraction for blending with semi-solid fats and oils thus making shortening systems more healthful while protecting heat stability and maximizing shelf life of the food products. U.S. soybean processors have greatly improved an alternative process to hydrogenation—interesterification. This process produces semi-solid oil products without trans-fat. Now that the FDA is considering removing GRAS (generally regarded as safe) status from partially hydrogenated oils, interesterification provides a ready alternative for food companies.
still using small amounts of partially hydrogenated oil.

In conclusion, the soybean oil of the twenty-first century will be dramatically different than the vegetable oils that Procter & Gamble pioneered nearly 100 years ago.

“High oleic soy is an immediate alternative for virtually all frying applications that previously depended on partially hydrogenated oils.”

About the Author

Richard Galloway, is president of Galloway and Associates, LLC, a business consulting firm serving domestic and foreign agricultural processing, vegetable oil refining and grain handling industries. He is also co-editor of Soybeans: Chemistry, Production, Processing, and Utilization, a widely used reference book published by the American Oil Chemists Society. Richard has more than 30 years experience in the oilseed processing and vegetable oil refining industries. He is a consultant to the United Soybean Board on matters pertaining to soy oil.
**Soy and Spinach Artichoke Dip**

Makes 12 servings

1 pound Silken tofu, crumbled
1 pound lowfat cream cheese, cubed
1 cup lowfat mayonnaise
1/2 tsp. ground pepper

1 pound frozen chopped spinach, thawed, drained
1 pound marinated artichoke hearts, drained, coarsely chopped
1/2 cup green onions, chopped

Parmesan cheese, grated, for garnish

Beat tofu until smooth; mix in cream cheese, mayonnaise and pepper in mixer bowl.

Fold in spinach, artichokes and green onions. Divide mixture equally into 12 (4 oz.) au gratin dishes. Sprinkle Parmesan cheese on top, if desired.

Bake at 350° for 15 to 20 minutes or until bubbly and browned on top.

_HOT TIP:_ Serve with low-carb crackers or bread for an all-around low-carb snack!

**Per Serving:** 62 calories, 6.6g protein, 5.7g carbohydrates, 1.4g fat, 3.9mg cholesterol, 254mg sodium, 1.5g dietary fiber

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**Edamame Hummus**

Makes 14 servings

Just swap edamame beans for chickpeas and you’ve got a simple twist on the traditional hummus recipe that’s great for a snack or for entertaining at home. Recipe featured at the 2010 American Dietetic Association Conference in Boston, MA.

2 cups edamame, shelled and cooked according to package directions
1/4 cup soybean oil
3 Tbsp. lemon juice
2 tsp. garlic, chopped

3/4 tsp. cumin, ground
1/2 tsp. salt

Puree edamame, oil, lemon juice, garlic, cumin and salt in food processor for 30 seconds, scraping sides twice, until almost smooth. Cover and refrigerate until ready to serve.

Serve with pita triangles, crackers, baguette or raw vegetables.

**Per Serving (2 tablespoons per serving):** 60 calories (68% calories from fat), 2g protein, 0g saturated fat, 0g trans fat, 5g fat, 3g carbohydrate, 1g fiber, 0mg cholesterol, 90mg sodium

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Recipe photos courtesy of the National Soybean Research Laboratory
**Steamed Dumplings**

Makes 36 dumplings

Go traditional and form the stuffed wrappers into half circles, or improvise any shape you like—the flavorful filling in these delectable dumplings will please your palate no matter the shape. From the cookbook *Around the World with Soy* published by the National Soybean Research Laboratory, University of Illinois.

7 oz. (½ pkg.) firm regular tofu  
1/2 cup coarsely grated carrots  
1/2 cup celery, shredded  
1/2 cup red bell pepper, finely chopped  
4 green onions, finely chopped  
1/4 cup mushrooms, minced  
1/4 cup water chestnuts, finely chopped

1 Tbsp. soy sauce  
2 tsp. fresh ginger, finely minced  
2 tsp. sesame oil  
1 tsp. salt  
¼ tsp. black pepper  
1 egg, lightly beaten  
36 potsticker or wonton wrappers

Pat tofu dry with paper towels. Dice tofu into ¼” or smaller cubes and put the cubes into a large mixing bowl. Add the carrots, celery, red bell pepper, green onions, mushrooms, water chestnuts, soy sauce, ginger, sesame oil, salt, black pepper, and egg. Stir gently to combine.

To form a dumpling, place one wrapper in the palm of your hand. *(If you want a traditional shape, square wonton wrappers should first be cut into circles.)* Place about one teaspoon of filling in the center of the wrapper. Brush the edges of the wrapper lightly with water. Fold in half, forming a half circle. Working along the edge from each end to the center, crimp the edges together by making small, overlapping folds. Press to seal. Place the dumpling on a platter sprayed lightly with cooking spray and cover with a damp cloth while you finish preparing the rest of the dumplings in the same manner.

In a saucepan fitted with a steamer tray, bring 1 to 1½” of water to a simmer over medium heat. Spray the steamer’s surface lightly with cooking spray. Place as many dumplings on the steamer tray as will fit without touching each other; cover and steam for 10 to 12 minutes.

Remove the dumplings from the steamer to a heatproof platter sprayed with cooking spray, cover loosely, and place in a warm oven. Repeat until all the dumplings are cooked. Serve warm. *(Dumpling wrappers will get chewy if they are held in the oven for more than 30 minutes.)*

**Per serving (2 dumplings):** 74 calories, 2g fat (0.3g sat. fat), 12mg cholesterol, 296mg sodium, 11g carbohydrate, 4g protein, 1g fiber
Winter Squash Soup

Variations of this thick soup are popular throughout Latin America. The heat of the chili peppers plays nicely off the sweetness of the squash. From the cookbook *Around the World with Soy* published by the National Soybean Research Laboratory, University of Illinois.

2 Tbsp. soy oil
1 large onion, chopped
1 medium tomato, peeled, seeded, and chopped
2 cloves garlic, minced
1 fresh jalapeño pepper, seeded and minced
1 small butternut squash, peeled, seeded, and cut in 1” cubes (about 4 cups)

Heat the oil in a pot over medium heat. Sauté the onion, tomato, garlic, and minced jalapeño pepper in the oil until the onion is quite soft.

Add the cubed squash, vegetable broth, and black pepper and bring to a boil. Reduce heat and simmer uncovered 20 to 30 minutes, until the squash begins to fall apart. Using a potato masher or big spoon, coarsely mash the soup against the bottom or sides of the pot so that it retains some texture.

Stir in the soymilk and heat through over low heat; taste and adjust seasonings. If desired, serve with lime wedges for diners to squeeze into their soup.

**Per serving (1 cup):** 186 calories, 7g fat (0.8g saturated), 0mg cholesterol, 399mg sodium, 23g carbohydrate, 4g protein, 4g fiber

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Linguini with Roasted Garlic-Wine Sauce

6 1/4 pounds linguini, dry
12 ounces soybean oil
1 1/2 pounds roasted garlic paste*
12 ounces shallots, minced
3 pounds dry white wine
3 pounds chicken or vegetable broth
9 1/8 pounds tomatoes, seeded, diced

Prepare linguini as directed on package. Drain and set aside.

Heat oil in large skillet. Sauté oil, garlic paste and shallots until shallots are translucent, stirring occasionally.

Add wine and chicken broth. Simmer until reduces in half.

Add tomatoes and edamame. Cook until heated through.

Stir in pine nuts, basil, salt and pepper. Spoon over cooked linguini. Sprinkle with parmesan.

*To make roasted garlic paste, cut pointed top off 12 unpeeled garlic heads (2 lb 5 oz) leaving cloves intact. Place garlic heads on aluminum foil and drizzle with 4 oz vegetable oil. Seal foil around garlic and bake at 400°F 30 to 40 minutes until cloves are soft. Cool, squeeze paste from cloves and mash.

**Per Serving:** 380 calories (calories from fat 50%), 5mg cholesterol, 14g protein, 6g fiber, fat 22g, 370mg sodium, 29g carbohydrate
Hearty Vegetable Soup

A meal in itself, this colorful soup adapts well to a variety of seasonal vegetables. From *Textured Vegetable Protein in the American Kitchen* published by the National Soybean Research Laboratory, University of Illinois.

In a large soup pot, heat the oil over medium heat. Add the onions and garlic and sauté until tender.

Add the remaining ingredients except the kale, raise the heat to high, and bring to boiling. Reduce heat to medium. Cover and simmer for about 15 minutes.

Add the chopped kale and simmer about 15 minutes longer, just until all the vegetables are tender. Taste, adjust seasonings and remove the bay leaf before serving.

Per serving (about 1½ cups): 195 calories, 4g fat (0.4g sat. fat), 0mg cholesterol, 784mg sodium, 30g carbohydrate, 8g protein, 7g fiber
Soy Soft Tacos
Makes 24 tacos

1 1/2 cups boiling water
2 cups texturized soy protein (TSP)
1 pound lean ground beef
1 cup onions, chopped
1 Tbsp. soybean oil (vegetable oil)
2 cups tomato sauce
1 cup canned diced green chilies
1 Tbsp. chili powder

2 tsp. garlic salt
1/2 tsp. ground pepper
24 tortillas
1 1/2 quarts shredded lettuce
3 cups fresh tomatoes, diced
3 cups lowfat cheddar cheese
1 1/2 quarts salsa, prepared

Pour boiling water over TSP.
Sauté ground beef and onion in oil until beef is no longer pink. Add rehydrated TSP, tomato sauce, green chilies, chili powder, garlic salt and pepper; mix well. Bring mixture to boil, reduce heat and simmer 15 minutes.

Prepare each serving as ordered. Wrap tortilla in clean towel and microwave at HIGH (100% power) 20 to 25 seconds. Place tortilla on serving plate, spoon 1/3 cup filling in center of each tortilla. Top with 1/4 cup shredded lettuce and 2 tablespoons each tomatoes and cheese. Fold in half. Serve with 2 oz. (1/4 cup) salsa.

Per Serving (1 taco): 149 calories, 10.1 gm protein, 16 g carbohydrates, 4.8 gm fat, 16.2 mg cholesterol, 560 mg sodium, 1.5 gm dietary fiber

Chicken and Tofu Sandwich
Makes 8 patties

These easy tofu patties are fabulous as a quick lunch or dinner entrée! From Tofu in the American Kitchen published by the National Soybean Research Laboratory, University of Illinois.

16 oz. firm or frozen tofu, mashed
6 oz. canned chicken, drained and flaked
3/4 cup quick rolled oats
2 Tbsp. chopped onion or green onion
1 minced clove of garlic
2 Tbsp. soy oil
1 tsp. chili powder
2 Tbsp. corn starch, or 1/4 cup bread crumbs

2 Tbsp. green pepper, finely diced
1 egg
1 Tbsp. soy sauce
1/8 tsp. black pepper
1/8 tsp. red pepper
1 tsp. salt
Optional ingredients: fresh or dried herbs, such as basil, oregano, or dill

Mix all ingredients together well.

Form into 3" diameter patties.

Cook on an oiled frying pan or grill for 5 to 8 minutes per side until brown. Tofu patties can also be baked at 325°F for 16 minutes, turning them after 8 minutes.

Per serving (1 patty): 179 calories, 10 gm fat (1.8 gm sat. fat), 34 mg cholesterol, 559 mg sodium, 9 gm carbohydrate, 14 gm protein, 2 gm fiber
Tuna Roll Ups

Feel free to adapt this tasty spread or sandwich filling to include your favorite add-ins—radishes, celery, pickles, etc. From the cookbook Last Minute Chef published by the National Soybean Research Laboratory, University of Illinois.

1 pkg. (12.3 oz) firm silken tofu
3 Tbsp. cocktail sauce
1 tsp. Worcestershire sauce
2 cans (6 oz. each) water packed tuna, drained

1 bunch green onions, white and light green part only, coarsely chopped
six 6” flour tortillas
Optional garnishes: sliced black olives, chopped fresh parsley

Mash the tofu in a bowl. Add the remaining ingredients except the tortillas and optional garnishes, and mix well.

Spread ½ cup onto one side of a tortilla. Starting at one edge, gently roll up.

Per serving (1 roll up): 215 calories, 5g fat (1.2g sat. fat), 27mg cholesterol, 566mg sodium, 21g carbohydrate, 20g protein, 1g fiber
**Soy Recipes**

### Italian Meatballs

Firm and tasty, these meatballs are great with spaghetti. From *Textured Vegetable Protein in the American Kitchen* published by the National Soybean Research Laboratory, University of Illinois.

In a large bowl, combine the rehydrated TSP, ground beef, bread crumbs, Parmesan cheese, egg, onion, garlic, parsley, Italian herb seasoning, salt, optional fennel seed, and pepper. Gently form the meat mixture into golf ball-size meatballs.

Heat the oil in a large skillet over medium-high heat. Add the meatballs and cook, turning occasionally, until well browned on all sides, about 6 minutes. Remove meatballs from the skillet and set aside.

Drain the oil and wipe out the skillet. Return the meatballs to the skillet and pour in the marinara sauce. Bring to a boil, reduce the heat, and simmer, covered, swirling the pan occasionally, until the meatballs are cooked through, about 15 minutes.

Serve immediately on spaghetti, on hero rolls for sandwiches, or on skewers.

**Per serving (3 meatballs with sauce):** 263 calories, 15g fat (5.6g sat. fat), 69mg cholesterol, 894mg sodium, 15g carbohydrate, 18g protein, 3g fiber

### Tortilla Bake

Serve Mexican food to a crowd with this easy-to-assemble layered casserole. From *Textured Vegetable Protein in the American Kitchen* published by the National Soybean Research Laboratory, University of Illinois.

Preheat the oven to 350°F. Coat a 9" x13" baking dish with cooking spray.

Combine the onions, pepper, salsa, TSP, corn, water, olives, and chili powder in a large saucepan and bring to boiling. Reduce heat and simmer for 10 minutes, stirring occasionally.

Spread about one quarter of the chili mixture on the bottom of the prepared baking dish. Top with 6 of the tortillas, overlapping and/or cutting to fit as necessary. Top with another quarter of chili mixture and a third of the cheese. Repeat for 2 more layers each of tortillas, chili mixture and cheese.

Cover and bake for 30 to 35 minutes, until heated through. Garnish with tomatoes, olives and avocado, if desired. Cut into 12 squares.

**Per serving (1 square):** 240 calories, 6g fat (2.1g sat. fat), 8mg cholesterol, 494mg sodium, 36g carbohydrate, 12g protein, 8g fiber
Stuffed Zucchini

Delicately seasoned, these stuffed zucchini shells make an elegant presentation. From Textured Vegetable Protein in the American Kitchen published by the National Soybean Research Laboratory, University of Illinois.

1/2 cup textured soy protein (TSP), rehydrated with 1/2 tsp. lemon juice plus boiling water to equal 3/8 cup liquid
4 medium zucchini, halved lengthwise
1 Tbsp. soy oil
1/2 cup onion, finely minced
1 clove garlic, minced
3 eggs, lightly beaten
1/2 cup shredded Swiss cheese
1/2 tsp. dried dill weed
1/2 tsp. ground black pepper
1/2 tsp. salt
1 cup dry herbed stuffing
1/4 cup grated Parmesan cheese

Preheat the oven to 350°F. Coat a cookie sheet or 9” x 13” baking dish with cooking spray.
Leaving a quarter-inch shell, scoop the flesh from inside the zucchini halves. Set aside the shells and chop the scooped out zucchini into a fine mince.
Heat the oil in a large skillet over moderate heat and sauté the chopped zucchini, TSP, minced onion and garlic until the onion is tender and excess liquid has evaporated. Remove from heat and cool slightly.
In a mixing bowl, combine the eggs, Swiss cheese, dill weed, pepper, and salt. Stir in the sautéed vegetable mixture and the herbed stuffing.
Divide the filling among the 8 zucchini shells and place on prepared cookie sheet or baking dish. Sprinkle the top of each stuffed shell with 1/2 tablespoon grated Parmesan cheese. Bake for 40 to 45 minutes, until the filling sets.

Per serving (1 stuffed shell): 167 calories, 9g fat (3.2g sat. fat), 80mg cholesterol, 379mg sodium, 11g carbohydrate, 10g protein, 2g fiber
**Coffee Chococcino**  
Makes 2 servings

Skip the drive-through latte and mix up a homemade coffee treat in the same amount of time.

2 cups chocolate soymilk  
4 teaspoons instant expresso powder (or to taste)

Microwave soymilk and espresso powder in medium uncovered microwave safe container on high for 2 minutes until very hot.

Carefully pour mixture into blender. Cover and hold down lid with folded towel or pot holder. Blend all ingredients on high for 30 seconds or until very frothy. Pour into two 12-ounce coffee mugs.

*for a more intense coffee flavor, add 6 teaspoons espresso powder

**Per Serving (1 cup):** 140 calories, 5g protein, 24g carbohydrate, 0g fiber, 3.5g fat, 0g sat. fat, 0g trans fat, 0mg cholesterol, 75mg sodium

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**Spice Cake**  
Makes one 9” x 13” cake (24 servings)

The can of soybeans makes this cake extra moist—no one will ever guess your secret! From the cookbook *Last Minute Chef* published by the National Soybean Research Laboratory, University of Illinois.

1 can (15 oz.) soybeans  
1 package (18.25 oz.) spice cake mix  
Oil, water, and eggs according to package directions  
Canned frosting *(optional)*

Preheat the oven and prepare the baking pan as called for on the cake package.

Rinse the soybeans under warm water and drain them well. Put them in a blender with about one-half cup of the water called for on the package. Purée until smooth, one to two minutes. If necessary, add a little more of the water to the blender.

Put the cake mix, oil, remaining water, eggs, and puréed soybeans into a large mixing bowl. Beat according to package directions. Pour the mixture into the prepared pan and bake as specified on the package. Baking times should be approximately the same as on the package, maybe slightly longer.

Remove the cake from the oven and let cool. Frost as desired.

**Per serving (1 square):** 141 calories, 6g fat (1.6g sat. fat), 23mg cholesterol, 168mg sodium, 19g carbohydrate, 4g protein, 0.4g fiber
Frosted Banana Bars

Invite a friend over to enjoy one of these dense, sweet bars with a cup of coffee or tea. From the cookbook *Baking with Soy* published by the National Soybean Research Laboratory, University of Illinois.

- 1 cup all-purpose flour
- ½ cup defatted soy flour or soy protein concentrate
- ½ tsp. baking soda
- ½ tsp. salt
- 1 medium banana, mashed
- 1 cup granulated sugar
- ½ cup shortening
- 2 eggs
- 1 tsp. lemon juice
- ½ cup vanilla soymilk
- ¼ cup chopped pecans (optional)

**Frosting:**
- 2 Tbsp. margarine, softened
- 2 cups powdered sugar
- ¼ tsp. salt
- 1 tsp. vanilla
- ½ medium very ripe banana
- ¼ cup pecans

Preheat the oven 350°F. Coat a 9" x 13" baking pan with cooking spray.

Mix together the all-purpose flour, soy flour, baking soda, and salt. Set aside.

Beat the banana, sugar, and shortening in a large mixing bowl until smooth. Mix in the eggs, lemon juice, and milk. Add the dry ingredients and mix well. Fold in the pecans, if desired. Transfer the batter to the prepared pan.

Bake for 15 to 20 minutes, until a toothpick inserted in the center comes out clean. Cool completely before frosting.

Prepare the frosting by beating together all the ingredients except the pecans. Spread the frosting over the cooled banana bars and decorate the top with the pecans, if using. Cut into bars to serve.

**Per serving (1 bar):** 186 calories, 9g fat (2.2g sat. fat), 15mg cholesterol, 107mg sodium, 25g carbohydrate, 2g protein, 1g fiber

**Per serving when made with concentrate (1 bar):** 183 calories, 9g fat (2.2g sat. fat), 15mg cholesterol, 107mg sodium, 25g carbohydrate, 2.4g protein, 0.4g fiber
**Mexican Cinnamon Cookies**

Makes 6 dozen

These bite-sized cookies will melt in your mouth. From the cookbook *Around the World with Soy* published by the National Soybean Research Laboratory, University of Illinois.

1 cup butter, softened

1/2 cup powdered sugar

1 1/2 tsp. vanilla

1 1/2 cup all-purpose flour

1/2 cup defatted soy flour or soy protein isolate

1 tsp. cinnamon

1/4 tsp. salt

Sugar coating:

3/4 cup powdered sugar

1 tsp. cinnamon

Preheat the oven to 350°F.

In a mixing bowl, cream the butter with the powdered sugar. Stir in the vanilla.

In a separate bowl, mix together the all-purpose flour, soy flour, cinnamon, and salt. Add this mixture to the butter mixture and mix until smooth. Shape into 1/2" balls and place on ungreased cookie sheets, 1" apart.

Bake 15 to 20 minutes, until lightly browned. Cool slightly on wire racks, and then roll in the sugar coating mixture while still slightly warm.

**Per serving when made with soy flour (2 cookies):** 86 calories, 5g fat (3.3g sat. fat), 14mg cholesterol, 17mg sodium, 8g carbohydrate, 1g protein, 0.4g fiber

**Per serving when made with isolate (2 cookies):** 83 calories, 5g fat (3.2g sat. fat), 14mg cholesterol, 29mg sodium, 8g carbohydrate, 1.5g protein, 0.2g fiber

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**Soy-Silken Dark Chocolate Pudding**

Makes 6 servings

Delightfully rich and creamy without the saturated fat, this healthy pudding is packed with antioxidant-rich dark chocolate and six grams of high-quality soy protein. Top with your favorite fruits to make your perfect dessert.

1 package Silken tofu (12.3 oz.), drained

2/3 cups dark unsweetened cocoa powder

1 cup powdered sugar

1 tsp. vanilla extract

Whipped topping (optional)

Place tofu, cocoa powder, powdered sugar and vanilla in food processor. Puree for 1 minute, scraping down sides as needed, or until very smooth.

**Tempting Variations:**

Raspberry Chocolate Soy Pudding—Layer pudding with fresh raspberries and whipped topping.

Mexican-Style Chocolate Soy Pudding—Stir in a pinch of ground cinnamon and cayenne pepper to taste, layer with whipped topping and top with chocolate shavings.

Caramel Banana Chocolate Soy Pudding—Layer pudding with banana slices and whipped topping; drizzle with caramel sauce.

**Per Serving (1/3 cup):** 160 calories, 6g protein, 31g carbohydrate, 2g fiber, 2.5g fat, 0g sat. fat, 0g trans fat, 0mg cholesterol, 20mg sodium
## Internet Sites You Might Want to Visit for More Soy Recipes

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State by State Roster of Soybean Board Communication Contacts or State Executives

**ALABAMA**

Alabama Soybean Producers  
P.O. Box 11000  
Montgomery, AL 36191  
Phone: 334/613-4217  
Executive: Brian Hardin  
Email: bhardin@alfafarmers.org

**ARKANSAS**

Arkansas Soybean Promotion Board  
P.O. Box 31  
Little Rock, AR 72203  
Administrator: Brandy Carroll  
Website: www.TheMiracleBean.com

**DELAWARE**

Delaware Soybean Board  
3203 Greenstone Way  
Oak Hill, VA 20171  
Phone: 703/437-0995  
Executive: Susanne Zilberfarb  
Website: www.desoybeans.org

**GEORGIA**

Georgia Agricultural Commodity Commission for Soybeans  
328 Agriculture Building, Capitol Square  
Atlanta, GA 30334  
Phone: 404/656-3678  
Executive: Nathan Wilson  
Email: NWilson@agr.state.ga.us

**ILLINOIS**

Illinois Soybean Program Operating Board/Illinois Soybean Association  
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Bloomington, IL 61704  
Phone 309/663-7692  
Executive: Craig Ratajczyk  
Communicator: Amy Roady  
Website: www.ilsoy.org

**KENTUCKY**

Kentucky Soybean Board  
P.O. Box 30  
1001 US Highway 62 West  
Princeton, KY 42445  
Phone: 270/365-7214  
Executive: Debbie Ellis  
Communicator: Rae Wagoner  
Website: www.kysoy.org

**INDIANA**

Indiana Soybean Alliance  
5730 West 74th Street  
Indianapolis, IN 46278  
Phone: 800/735-0195  
Executive: Jane Ade Stevens  
Communicator: Megan Kuhn  
Website: www.IndianaSoybean.com

**KANSAS**

Kansas Soybean Commission  
1000 SW Red Oaks Place  
Topeka, KS 66615  
Phone: 877/KS-SOYBEAN (877-577-6923)  
Executive: Kenlon Johannes  
Communicator: Brad Parker  
Website: www.KansasSoybeans.org

**KENTUCKY**

Kentucky Soybean Board  
P.O. Box 30  
1001 US Highway 62 West  
Princeton, KY 42445  
Phone: 270/365-7214  
Executive: Debbie Ellis  
Communicator: Rae Wagoner  
Website: www.kysoy.org

**LOUISIANA**

Louisiana Soybean & Grain Research & Promotion Board  
P.O. Box 95004  
Baton Rouge, LA 70895  
Phone: 225/922-6209  
Executive: Kyle McCann  
Website: www.LSUAgCenter.com

**MARYLAND**

Maryland Soybean Board  
P.O. Box 319  
Salisbury, MD 21803  
Phone: 410/742-9500  
Executive: Sandra Davis  
Website: www.mdsoy.com

**MICHIGAN**

Michigan Soybean Promotion Committee  
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140 West Tuscola Street, Suite A  
Frankenmuth, MI 48734  
Phone: 989/652-3294  
Executive: Gail Frahm  
Communicator: Beth Oliver  
Website: www.MichiganSoybean.org
MINNESOTA
Minnesota Soybean Research & Promotion Council
151 Saint Andrews Court, Suite 710
Mankato, MN 56001
Phone: 507/388-1635
Executive: Tom Slunecka
Communicator: Dan Lemke
Website: www.mnsoybean.org

MISSISSIPPI
Mississippi Soybean Promotion Board
P.O. Box 9
Pope, MS 38658
Phone: 662/561-2348
Board Administrator: Carol Bullard
Website: www.mssoy.org

MISSOURI
Missouri Soybean Merchandising Council
P.O. Box 104778
Jefferson City, MO 65110
Phone: 573/635-3819
Communicator: Luella Fischer
Website: www.mosoy.org

NEBRASKA
Nebraska Soybean Board
3815 Touzalin Avenue, Suite 101
Lincoln, NE 68507
Phone: 800/852-2326
Executive: Victor Bohuslavsky
Website: www.NebraskaSoybeans.org

NEW JERSEY
New Jersey Soybean Board
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1255 Whitehorse-Mercerville Road
Building B, Suite 514
Trenton, NJ 08619
Phone: 609/585-6871
Executive: Debbie Hart
Website: www.njsoybean.org

NEW YORK
New York Corn & Soybean Growers Association
P.O. Box 605
Sackets Harbor, NY 13685
Phone: 315/583-5296
Executive: Julia Robbins
Website: www.nycornsoy.org

NORTH CAROLINA
North Carolina Soybean Producers Association, Inc.
211 E. Six Forks Road, Suite 102
Raleigh, NC 27609
Phone: 919/839-5700
Executive: Charles Hall
Communicator: Laura Rogers
Website: www.ncsoy.org

NORTH DAKOTA
North Dakota Soybean Council
1555 43rd Street South, Suite 103
Fargo, ND 58103
Phone: 888/469-6409
Executive: Diana Beitelspacher
Communicator: Suzanne Wolf
Website: www.ndsoybean.org

OHIO
Ohio Soybean Council
918 Proprietors Road, Suite A
Worthington, OH 43085
Phone: 614/476-3100
Executive: Kirk Merritt
Communicator: Jennifer Coleman
Website: www.SoyOhio.org

OKLAHOMA
Oklahoma Soybean Board
P.O. Box 578
Claremore, OK 74018
Phone: 918/343-2326
Executive: Rick Reimer
Website: www.oksoy.org

PENNSYLVANIA
Pennsylvania Soybean Board
Northwood Office Center
2215 Forest Hills Drive, Suite 40
Harrisburg, PA 17112
Phone: 717/651-5922
Executive: Jennifer Reed-Harry
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South Carolina Soybean Board
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5000 South Broadband Lane, Suite 100
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Communicator: Gina Thompson
Website: www.tnsoybeans.org

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P.O. Box 1750
Navasota, TX 77868
Phone: 936/825-3300
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Website: www.texassoybeans.org

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Virginia Soybean Board
102 Governor Street, Room 319
Richmond, VA 23219
Phone: 804/371-6157
Executive: Philip T. Hickman
Website: www.vasoybean.com

WESTERN REGION SOYBEAN BOARD
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Lincoln, NE 68507
Phone: 402-441-3240
Executive: Victor Bohuslavsky

WISCONSIN

Wisconsin Soybean Marketing Board
2976 Triverton Pike Drive
Madison, WI 53711
Phone: 608/274-7522
Executive: Robert Karls
Website: www.wisoybean.org
**National and International Soy Organizations:**

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**Additional Resources:**

- [www.soygrowers.com](http://www.soygrowers.com)
- [www.soyinfocenter.com](http://www.soyinfocenter.com)
- [www.soyfoods.org](http://www.soyfoods.org)
- [www.usda.gov](http://www.usda.gov)
- [www.worldsoyfoundation.org](http://www.worldsoyfoundation.org)
**Soyfoods Come In All Shapes and Sizes**

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**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 high in protein and 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.

**Soymilk**

Soybeans soaked, ground fine and strained produce a fluid called soybean milk. Plain, unfortified soymilk is an excellent source of high-quality protein and B vitamins. 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.
**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.

**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 rich in both high-quality protein and B vitamins 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.

**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.

**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 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 excellent 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 can be found in a variety of flavors. Products made with soy cheese include soy pizza.

**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 as well.

**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.

**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.
The Soyfoods Guide is published by the United Soybean Board (USB). USB is made up of 70 farmer-leaders who oversee the investments of the soybean checkoff on behalf of all US soybean farmers.

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