

SOY FOODS GUIDE

2026-2027



7 Health Benefits of Soy Foods

By Caroline Thomason Bunn, RD, CDCES

From Field to Future

Q&A with U.S. Soybean Farmers

All About Soy Foods

By Sarah Glinski, RD

Recipes



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HEALTH BENEFITS Of Soy Foods

By Caroline Thomason Bunn, RD, CDCES

Soy foods have been enjoyed around the world for generations, and today, research continues to show that they can be a healthy addition to everyday meals. In fact, **Americans who eat soy foods regularly tend to have higher overall diet quality, including higher intakes of fiber, potassium, and unsaturated fats compared to those who don't consume soy.**¹

From supporting heart health to blood sugar management, soy delivers a powerful mix of plant-based protein, fiber, and isoflavones that may support health across the lifespan.²

What Qualifies as a Soy Food?

Soy foods come from soybeans, a type of legume that can be eaten whole or turned into a variety of tasty and nutritious foods. Unlike most plant-based foods, soy provides high-quality, complete protein, meaning it contains all nine essential amino acids your body needs.³

Soy foods like tofu, edamame, tempeh, and soymilk offer nutritional benefits and are easy to incorporate into everyday meals.

Common soy foods include: Edamame, Tofu, Tempeh, Soymilk, Miso, Natto, Soy nuts or roasted soybeans, Soy nut butter, Soybean oil (often labeled as vegetable oil), Soy yogurt, Soy-based meat alternatives (burgers, sausages, crumbles, nuggets, etc.), Soy flour and textured soy protein (used in some plant-based packaged foods)

What Are the Health Benefits of Eating Soy?

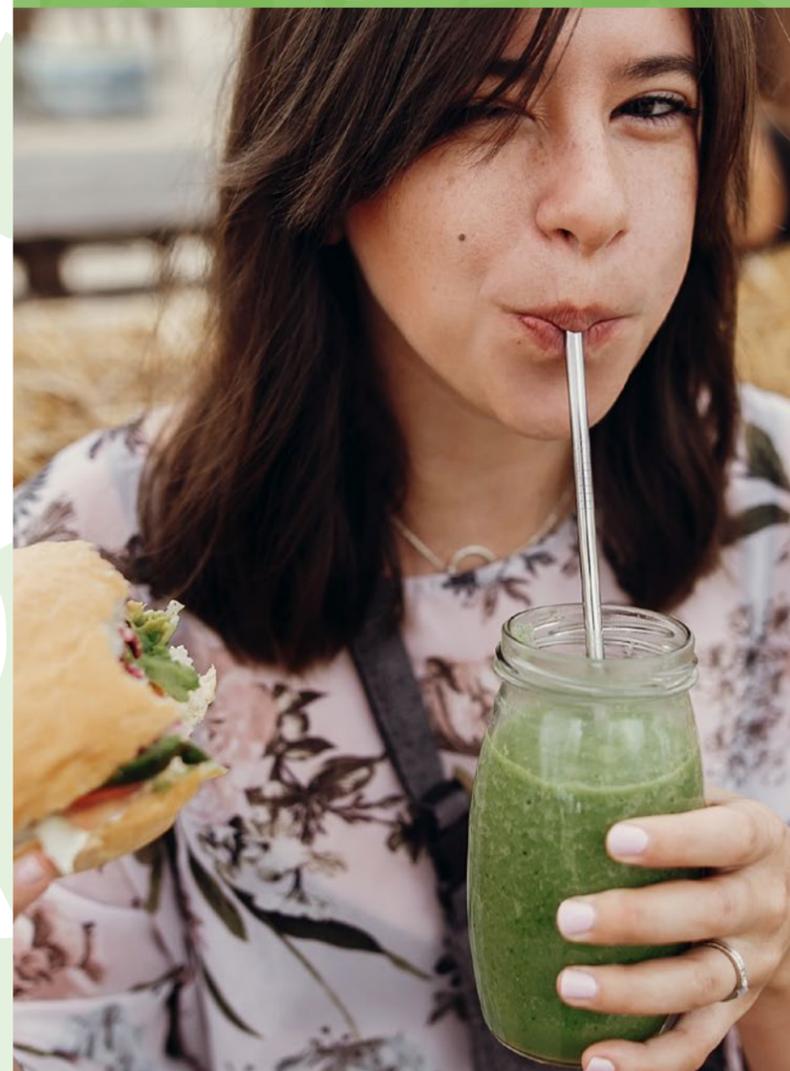
Soy foods offer a unique combination of high-quality plant protein, fiber, essential fats, and naturally occurring bioactive compounds like isoflavones that support overall health. A growing body of research shows that including soy as part of a balanced eating pattern may benefit multiple systems in the body: from heart and metabolic health to brain function and healthy aging.^{4,5,6} Below are several key ways soy foods may support health across the lifespan.

1 Cardiometabolic Health

Soy foods have long been associated with heart health. Research shows that replacing protein higher in saturated fat with soy protein can help lower LDL ("bad") cholesterol, a key risk factor for heart disease.⁴ Soy also provides polyunsaturated fats, fiber, and isoflavones, which together may support healthy blood vessels and overall cardiometabolic function.⁷ Plus, regular soy intake has also been linked to modest improvements in blood pressure and inflammation markers, both of which play a role in cardiovascular health.⁸ Soy is the only plant-based protein with an FDA authorized health claim stating that "25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease".⁹

2 Brain Health

Emerging research suggests soy foods may support cognitive health, particularly as we age. Isoflavones, which are naturally occurring plant compounds in soy, may help support blood flow to the brain and reduce oxidative stress.⁵ Some observational studies have found associations between soy consumption and better memory performance, especially in midlife and older adults.¹⁰



3 Blood Sugar Management

For people managing diabetes or insulin resistance, incorporating soy foods into meals may help support steadier energy levels and improved glycemic control.¹¹ Soy foods have a low glycemic impact and provide a combination of high-quality protein and fiber that helps slow digestion and stabilize blood sugar levels.¹² Some research suggests that replacing refined carbohydrates or animal proteins with soy may improve insulin sensitivity and post-meal glucose response.¹³

4 Skin Health

Nutrition plays an important role in skin health, and soy may offer unique benefits. Soy isoflavones have been shown to support skin elasticity, hydration, and protection against UV-induced damage.¹⁴ The research also suggests soy intake may help reduce signs of skin aging by supporting collagen production and reducing oxidative stress.¹⁴ These potential benefits are especially relevant as natural estrogen levels decline with age.

5 Menopause Support

Soy foods are often known for their role in supporting women during menopause for symptoms like hot flashes.¹⁵ Isoflavones may act as selective estrogen receptor modulators, meaning they can gently mimic estrogen activity where needed.¹⁶ For women going through perimenopause, this can be hugely impactful for their symptoms. Research suggests soy intake may help reduce the frequency and severity of hot flashes and support bone health during menopause.¹⁶

6 Cancer Prevention

A large body of research supports the safety and potential protective effects of soy foods in relation to cancer risk. Consuming approximately two servings of soy foods daily during childhood and adolescence, such as a cup of soymilk or tofu, may reduce breast cancer risk later in life.¹⁷ Additionally, regular soy consumption has been associated with a lower risk of breast and prostate cancers, particularly when consumed throughout life.^{18,19} For breast cancer survivors, studies show that moderate soy intake is safe and may even be associated with reduced recurrence and improved survival.¹⁸

7 Weight Management

Soy foods can support weight management by promoting fullness and preserving lean muscle mass.^{20,21} Protein containing foods like tofu, edamame, and tempeh help increase satiety and may reduce overall calorie intake. Plus, because soy is nutrient-dense and versatile, it can be an effective plant-based alternative to other protein sources when included as part of a balanced diet.

Tips and Tricks for Incorporating Soy Foods into Your Diet

- Sprinkle shelled edamame onto salads, grain bowls, or pasta dishes.
- Add firm tofu to stir-fries, soups, or scramble it like eggs.
- Toss air-fried soynuts with spices for a crunchy snack.
- Stir a spoonful of miso into soups or sauces for savory depth.
- Blend soymilk into smoothies or coffee drinks.
- Use tempeh as a hearty protein for tacos, sandwiches, or sheet-pan meals.
- Keep roasted soybeans on hand for quick, protein-rich snacking.

The Bottom Line

Soy foods offer a unique combination of high-quality plant protein and health-promoting compounds that support heart health, blood sugar balance, cognitive function, and more. Including a variety of soy foods as part of a balanced eating pattern can be a simple, sustainable way to support long-term health.



By Caroline Thomason Bunn, RD, CDCES

Caroline Thomason Bunn is a nationally recognized dietitian and certified diabetes care and education specialist dedicated to making better health simple and accessible. She is the founder of a group nutrition practice in the greater Washington, D.C. area, where she specializes in supporting women and people living with diabetes. With more than 12 years of experience, Caroline is a freelance journalist published in over 40 outlets, a trusted advisor to CPG brands, a speaker, a broadcast contributor, and creative recipe developer. Her work blends science-based expertise with practical, real-life solutions.

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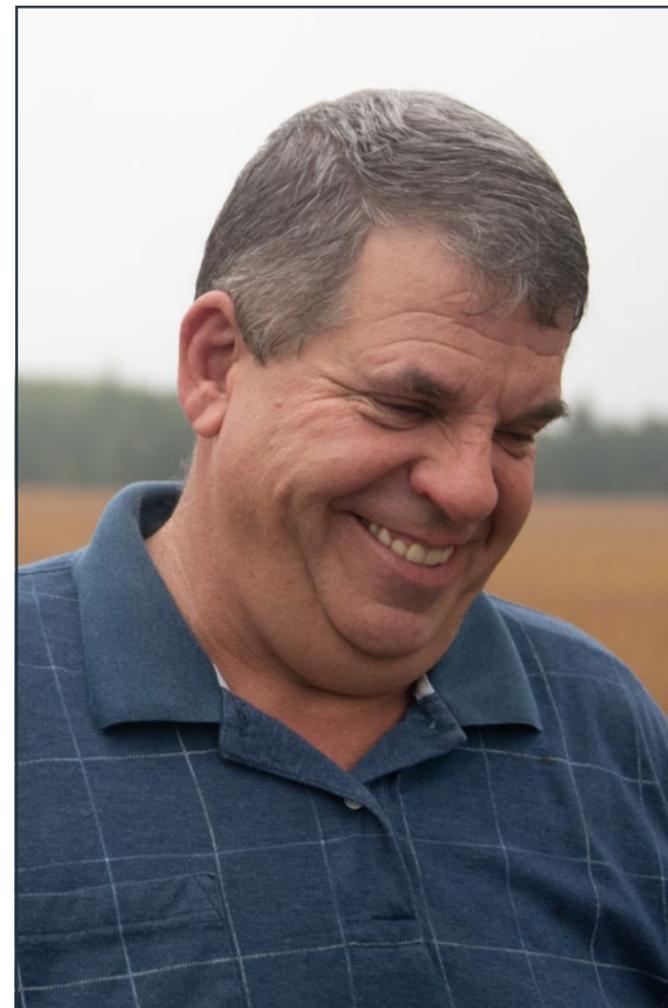
from field TO FUTURE

Q&A with U.S. Soybean Farmers



When most people think of soybeans, foods like tofu or soymilk often come to mind – **but that’s just the beginning of the story.**

Soybeans are more than just an ingredient – they’re a versatile, hardworking crop grown by farmers who care deeply about their land, their communities, and the food they help provide.



Jeff Magyar, USB Director (Ohio)



Joey Boudreaux, USB Director (Louisiana),
Health & Nutrition Priority Area Coordinator

“ I believe many farmers are among the strongest environmental stewards because we’ve grown up on this land and have a deep, personal connection to it. ”

To take you behind the scenes of modern soybean farming, we spoke with **Jeff Magyar of Ohio** and **Joey Boudreaux of Louisiana.**

These U.S. soybean farmers share what a day on the farm really looks like, why soybeans matter far beyond the grocery store, and how sustainability and innovation guide the choices they make every season.

Their stories offer a firsthand look at the people, practices, and passion shaping the future of U.S. Soy – **from the field today to the generations ahead.**

Q. Tell us a little about your farm — where it's located and the crops you grow.

Joey: Our farm is in central Louisiana — right there in the “ankle of the boot,” if you picture the state shaped like a boot. We farm corn and soybeans, about 2,500 acres with a pretty even split between the two.

Jeff: Our farm is located in Northeast Ohio, about 30 miles south of Lake Erie and just west of the Pennsylvania border. It's been in our family for 110 years. Today, I farm alongside my daughter, son-in-law, and grandkids. We primarily grow food-grade soybeans, along with corn and a small amount of oats.

Q. What does a typical day look like during the growing season?

Joey: During the season, we're up early. Most mornings start with checking on the crops — looking for insect pressure, weed pressure, or any issues that might need attention. We take a field-by-field approach rather than treating everything the same. If a field doesn't need to be sprayed, we don't spray it. Being mindful of the environment and using our time and resources efficiently is a big priority.

Jeff: During the growing season, the day usually starts around 6 a.m. What we focus on depends on the time of year — fieldwork, checking crops, spraying, cultivating, loading grain, or equipment maintenance. In the busiest seasons, it's not unusual to work until 9 p.m.

Q. You grow soybeans and serve as a director with the United Soybean Board. Why do you grow soybeans, and what role do they play on your farm?

Joey: We grow soybeans because they're a good rotational crop. I think a lot of people in the United States would agree that by rotating corn and soybeans, you kind of get the best of both worlds. Soybeans benefit from nutrients left behind after corn, and rotating crops also helps manage pests and diseases. For example, some pests affect soybeans but not corn, so switching crops helps break those cycles. It's just a good cultural practice.

Jeff: Soybeans play a major role on our farm. I've been growing food-grade soybeans for nearly 20 years. They earn a premium, fit well within our crop rotation, and we're fortunate to have a processor within 20 miles, which keeps transportation efficient.



Q. What might surprise consumers about how soybeans are used beyond foods like tofu?

Joey: Many people don't realize that most “vegetable oil” on grocery store shelves is actually soybean oil. If you flip the bottle over and check the ingredients, you'll usually see soybean oil listed. It's incredibly versatile and widely used.

Jeff: Many people would be amazed at how widely soy is used. Beyond foods like tofu, soy is found in salad dressings, cooking oils, high-protein ingredients, and countless packaged foods. It's also used in industrial products — paints, car seat foam, tires, fire-fighting foams that replace certain hazardous chemicals, and even bio-based lubricants like chainsaw oil. Soy replaces petroleum-based ingredients in thousands of applications people may never realize.

Q. What does sustainability mean to you as a farmer?

Joey: Sustainability for us means being as mindful as possible of the environment — what we're using and what we're putting into it — because we want to make sure that when we produce a crop, we're not damaging the soil or the environment. We want to protect the soil and environment so the farm can stay productive for generations to come. It's not just about today's crop; it's about the long term.

“ We want the same thing consumers do: a product that's clean, safe, and something everyone can feel good about.”

Jeff: I believe many farmers are among the strongest environmental stewards because we've grown up on this land and have a deep, personal connection to it. To me, sustainability means caring for the land so it can support future generations. I grew up playing in the same creek my grandkids play in today. Farmers are deeply connected to their land, and our goal is always to leave it better than we found it.

Q. What practices do you use to protect the soil, water, and natural resources?

Joey: Some of the conservation programs we use are cover crops in the wintertime. We also use buffer strips along waterways to prevent physical erosion of soil. When we're not using cover crops, we often leave the soil untilled after harvest so there's plant residue on the surface. That helps hold soil in place and protect organic matter.

Jeff: We use buffer strips, plant cover crops to protect soil during the winter, and maintain grass waterways to reduce erosion. We also use grid soil sampling and GPS-guided variable-rate fertilizer technology. This allows us to apply nutrients only where they're needed, reducing waste and protecting the environment.

Q. How have farming practices changed from previous generations?

Joey: When we were kids, we tilled fields multiple times before planting — sometimes three or four passes across the same field. Today, we rely on targeted herbicides, which means less soil disturbance. I think it's better, because you're not disturbing the soil and you're not making it prone to physical erosion. And by using herbicides, not only are we more efficient with our time, but we're being more fuel-efficient too.

Jeff: In my grandfather's time, farmers relied heavily on plowing and manual cultivation. As a child, I remember walking soybean fields pulling weeds by hand. Today's technology — modern equipment and improved crop management tools — allows us to farm more efficiently while managing soil and crops more precisely.

Q. What kinds of technology do you use to farm more efficiently?

Joey: We use GPS-guided equipment and section control on our sprayers. That means the sprayer automatically turns off sections at the end of rows so we're not overlapping applications. We've seen chemical savings of 15–20% just from that technology. It helps us reduce inputs and be more precise.

Jeff: We use drones to scout fields, yield monitors on our combines to track production in real time, and grid soil sampling to guide fertilizer decisions. These tools help us identify problem areas and address them quickly and accurately.

“Farming requires constant decision-making. Every tool we use plays a role in helping us grow enough food efficiently and responsibly.”

Q. What does genetic modification mean in soybean farming, and how do GMOs fit into pest and weed management on your farm?

Joey: Genetic modification involves developing crops with specific traits — for example, soybeans that can tolerate certain herbicides or crops that are naturally resistant to certain insects. With these new technologies, we're hopefully able to grow a better, healthier crop with less input and fewer chemicals. It's a win-win all the way around.

Jeff: Although we primarily grow non-GMO food-grade soybeans, GMO technology allows farmers to tailor weed control strategies more precisely. Certain seed varieties are designed to work with specific herbicides, helping manage weeds effectively while minimizing unnecessary chemical use.

Q. How do you make sure the soybeans you grow are safe for people to eat?

Joey: Crop protection products are carefully regulated and tested by the EPA before they're approved. We follow all label directions strictly. Used properly, these tools help us produce a very safe, very clean, very nutritious, and very healthy crop that can be used for direct consumption or as animal feed.

Jeff: Growing food-grade soybeans requires meticulous care. All equipment — combines, trucks, augers, and storage bins — must be thoroughly cleaned to prevent contamination. We harvest only when conditions are right and follow strict handling procedures to ensure the soybeans are clean, safe, and meet customer standards.

Q. What do you think would surprise most consumers about how pesticides are used on modern farms?

Joey: I think the word “pesticide” can sound alarming, but modern products are used in very small amounts and are designed to be highly targeted. Insecticides like pyrethroids were developed to mimic natural plant products that are actually natural insecticides produced by the plant itself. We've created insecticides that are very safe for humans, used at very low concentrations. Advances in technology mean we can use less product more precisely than in the past.

Jeff: Many people are surprised to learn that farmers use pesticides carefully and only when necessary. These products are expensive, and overapplication can harm crops. We apply only what's needed and follow strict guidelines to ensure responsible use.

Q. What's one misconception about soybean farming you'd like to clear up?

Joey: Some people see farming as an environmentally destructive practice. I don't think the general public realizes just how conscientious farmers are about protecting the environment — through best cultural practices, by following the label on all of the products we use, and by being conscious of erosion and sustainability. We're making sure the land stays healthy, ensuring it's going to be able to be used for generations to come.

Jeff: One misconception is that farms are “corporate” and disconnected from the land. While many farms operate as LLCs for legal purposes, they are still family-run operations. We're deeply invested in the land because it's our livelihood and our legacy.

Q. If consumers could visit your farm, what would you want them to see or understand?

Joey: I would take them to the fields and show them the different challenges we face — the weeds, the insects, how they affect the crop, how they affect growth, and why we need these products. Farming requires constant decision-making. Every tool we use plays a role in helping us grow enough food efficiently and responsibly.

Jeff: I'd want them to see the care and effort that goes into producing a safe, high-quality crop — from planting to harvest to storage. We want the same thing consumers do: a product that's clean, safe, and something everyone can feel good about.

Q. Looking ahead, what excites you most about the future of soybean farming?

Joey: I really think the industrial use sector is widely untapped. There is tremendous growth potential for the use of soybeans, both from the oil and from the meal. There are already so many products incorporating soybean oil, and I really think the possibilities are endless.

Jeff: I'm excited about advancements in technology, including AI, drone applications, and emerging weed-control innovations like electric or flame-based systems. These tools have the potential to make farming even more precise and sustainable. My main concern is ensuring we have the training and support needed to keep up with how quickly this technology is evolving.

“We want to protect the soil and environment so the farm can stay productive for generations to come. It's not just about today's crop; it's about the long term.”



ALL ABOUT SOY FOODS

By Sarah Glinski, RD

Soy foods come in many forms and can fit into everyday meals in easy, delicious ways. From creamy soy yogurt and adaptable tofu to crunchy edamame, savory miso and tempeh, and versatile soybean oil, soy offers a mix of plant-based protein, essential fats, and key nutrients. This article explores popular soy foods, highlights their health benefits, and shares simple shopping and cooking tips to help you enjoy them with confidence.

Navigate to the *Soy in the Kitchen* section of this guide ([page 26](#)) for simple recipe ideas!

EDAMAME



WHAT ARE EDAMAME?

Edamame are soybeans harvested at the fresh green stage, before they have ripened. They have a sweet, nutty flavor and creamy texture. They're an excellent source of high-quality, plant-based protein, with just over 9 grams of protein per ½ cup of cooked, shelled edamame. They're also high in fiber, with 6 grams per ½ cup.

EDAMAME HEALTH BENEFITS

- Edamame is high in soluble fiber, which can help lower cholesterol levels¹ and help with blood sugar management.²
- Edamame contains vitamin K and folate. Vitamin K supports blood clotting and bone health,³ while folate is crucial for making new cells, including red blood cells.⁴
- Edamame is high in protein, and a 2019 study found that people who ate 25 grams of soy protein daily had a 3% to 4% reduction in LDL (bad) cholesterol.⁵
- Edamame contains soy isoflavones, which may reduce the risk of cancer and heart disease, and lessen menopause-related symptoms.⁶

EDAMAME COOKING TIPS

Edamame are great for a quick boost of protein and fiber with minimal prep.

- **Steamed edamame:** Steam or microwave frozen edamame, then sprinkle with salt and garlic powder for a quick snack.
- **Toss into salads:** Add shelled, steamed edamame to salads or grain bowls.
- **Fried rice:** Use edamame instead of peas in fried rice.
- **Wrap filling:** Mix edamame with corn and cabbage, then squeeze in lime juice and wrap in a whole-wheat tortilla for a protein-packed, plant-based lunch.
- **Dip:** Blend edamame with soybean oil, lemon, and salt, and pair with crackers, raw vegetables, or toast.

EDAMAME SHOPPING TIPS

Edamame is available in the pod or shelled. While it's typically found in the frozen foods aisle, some grocery stores stock it in the produce aisle.

MISO



WHAT IS MISO?

Miso is a paste made from a mixture of fermented soybeans, water, salt, and koji (a type of culinary mold made from fermented soybeans, grains, or rice), creating a rich, umami flavor. Soybeans are soaked in water for 15 hours, then mashed. The cooled mash is then mixed with water, salt, and koji until it reaches a dough consistency. The mix is then placed in an airtight container and kept in the dark for up to a year, during which time it ferments and develops complex flavors.

There are several types of miso. White miso is fermented for the shortest time and has a subtle sweetness with a hint of umami. Yellow miso is fermented for longer and has an earthy flavor. Red miso is fermented for the longest and has a salty, nutty, and hearty flavor.

MISO HEALTH BENEFITS

- Miso contains a protein that neutralizes lipopolysaccharide (LPS), a bacterial product that promotes intestinal inflammation.⁷
- Some research suggests that compounds in miso may help lower blood pressure⁸ as long-term consumption was associated with reduced night-time blood pressure in adults with elevated blood pressure.
- People who consume miso soup daily may have a lower risk of developing stomach illnesses, such as reflux and dyspepsia.⁹
- Miso contains probiotics that may limit the growth of harmful bacteria in the intestines.¹⁰
- Miso contains isoflavones, which may reduce the risk of breast cancer.¹¹

MISO COOKING TIPS

A little miso goes a long way! Here are some simple ways to add miso to your diet.

- **Miso broth:** Whisk one teaspoon of miso paste into hot (not boiling) water, then add scallions and cubed tofu for a soothing appetizer.
- **Miso salad dressing:** Whisk miso paste with rice vinegar, oil, and honey to create a dressing that pairs well with grain bowls and roasted vegetables.
- **Miso-roasted vegetables:** Combine miso with oil and a splash of maple syrup, then toss with carrots, broccoli, squash, or Brussels sprouts. Roast at 400° F.
- **Miso marinade:** Combine miso with oil and vinegar, then marinate tempeh, tofu, salmon, or chicken for at least 15 minutes for added umami and depth of flavor.

MISO SHOPPING TIPS

Miso is typically found in the Asian or international foods aisle, along with other pantry staples like soy sauce, rice vinegar, and noodles. If you can't find it at a regular grocery store, a specialty Asian grocery store will likely carry multiple varieties.

SOY-BASED MEAT ALTERNATIVES



WHAT ARE SOY-BASED MEAT ALTERNATIVES?

Most soy-based meat alternatives use soy protein isolate/concentrate or textured vegetable protein (TVP) made from soy flour as the primary protein source. They are then processed and paired with other ingredients to mimic the taste and texture of meat.

Common soy-based meat alternatives include soy burgers and sausages, soy crumbles, and soy strips. They're high in protein and often lower in saturated fat than animal protein, making them a good option for people looking to increase plant protein consumption while still hitting their protein goals.

SOY-BASED MEAT ALTERNATIVE HEALTH BENEFITS

- Replacing animal-based products with plant-based meat alternatives is associated with improvement in several heart disease risk factors.¹²
- Switching to plant-based meat alternatives may lead to positive changes in the gut microbiome.¹³
- Soy-based meat alternatives contain high-quality protein and typically offer 15–20 grams of protein per 100-gram serving. They can contain fiber, and many are fortified with nutrients such as iron, zinc, and B12.¹⁴
- Consuming soy protein has been shown to reduce triglycerides, total cholesterol, and LDL (bad) cholesterol in postmenopausal women.¹⁵

SOY-BASED MEAT ALTERNATIVE COOKING TIPS

Most soy-based meat alternatives can be used as direct complements to or substitutes for meat in recipes.

- **Tacos and burritos:** Cook soy crumbles or soy strips with taco seasonings, then add to taco, rice bowls, or burritos.
- **Pasta:** Stir browned soy crumbles into marinara or bolognese sauce for a hearty weeknight meal.
- **Burgers:** Pan-sear or grill soy patties and serve on buns, wraps, or salads with your favorite toppings.
- **Soups and stews:** Add soy crumbles to lentil soup, vegetable stew, or chili for a protein boost.
- **Flatbreads:** Use soy crumbles or sausage-style alternatives as toppings for flatbread, along with tomato paste, onions, and bell peppers.

SOY-BASED MEAT ALTERNATIVE SHOPPING TIPS

Soy-based meat alternatives are typically found in the refrigerated section near the tofu, tempeh, and veggie burgers. You may also find them in the frozen foods aisle in some stores. Keep soy-based meat alternatives in the refrigerator or freezer, depending on where they were kept at the grocery store.

SOYBEAN OIL

WHAT IS SOYBEAN OIL?

Soybean oil (commonly labeled as “vegetable oil”) is a plant-based oil made from soybeans. It has a high smoke point, making it ideal for high-heat cooking.

Soybean oil production follows this process:

- **Cleaning:** Whole soybeans are cleaned to remove dirt and other debris.
- **Dehulling:** The outer shell of soybeans is removed.
- **Oil extraction:** Oil is extracted from the dehulled soybeans using either mechanical pressing or solvent extraction. Mechanical pressing crushes soybeans to extract oil, while solvent extraction uses a solvent to dissolve the oil from soybean flakes. The residual solvent is then removed from the oil.
- **Oil refinement:** Once the oil has been extracted, it undergoes additional refining processes to improve quality and remove impurities, ensuring it’s ready for consumption.

SOYBEAN OIL SHOPPING TIPS

Soybean oil is one of the most affordable cooking oils and is typically found in the baking and cooking oils aisle at the grocery store. Many bottles will be labeled as “vegetable oil,” but in the United States, that’s often synonymous with soybean oil (check the ingredient list to ensure soybean oil is the first (or only) ingredient).



SOYBEAN OIL HEALTH BENEFITS

- Soybean oil contains alpha-linolenic acid (ALA, an essential omega-3 polyunsaturated fatty acid), which is associated with a lower risk of cardiovascular disease.¹⁶
- The U.S. Food and Drug Administration recognizes the cardiovascular benefits of soybean with a qualified health claim: “Supportive but inconclusive scientific evidence suggests that eating about 1½ tablespoons (19.5 grams) of soybean oil daily may reduce the risk of coronary heart disease.”¹⁷
- Soybean oil has a high content of linoleic acid (LA, an essential omega-6 polyunsaturated fatty acid), which is associated with a lower risk of type 2 diabetes,¹⁸ especially when replacing saturated fats, trans fats, and carbohydrates.¹⁹ A recent review of scientific literature also highlights LA’s wide-ranging health benefits, including cardiovascular benefits.²⁰
- Soybean oil is a source of vitamin E, which helps regulate the production of free radicals (molecules that can damage cells) and the immune system.²¹

SOYBEAN OIL COOKING TIPS

Soybean oil has a neutral flavor that can enhance your meals without overpowering them.

- **High-heat cooking:** Soybean oil has a high smoke point, making it an excellent option for stir-frying, sautéing, pan-frying, shallow frying, or roasting a wide range of different foods.
- **Dressings and sauces:** Combine soybean oil with balsamic vinegar and Dijon mustard for a quick vinaigrette or blend it with tahini (sesame paste) or peanut butter for a delicious sauce you can use on grain bowls, noodles, tofu, or tempeh.
- **Baking and sweets:** Soybean oil keeps baked goods like cakes, muffins, pancakes, and waffles moist and tender without overpowering the other flavors.

SOYMILK

WHAT IS SOYMILK?

Soymilk is a plant-based beverage made by soaking, grinding, and boiling soybeans, resulting in a creamy texture and mild, nutty flavor. Thanks to its heat stability, it performs well in cooking, baking, and beverages. With approximately 7 grams of protein per cup,²² soymilk is the only plant-based milk that delivers a similar amount of protein as cow’s milk. In contrast, almond²³ and oat milk²⁴ contain approximately 1-2 grams of protein per cup, and may lack essential fortifications like calcium and vitamin D.

SOYMILK HEALTH BENEFITS

- Soymilk is a source of high-quality protein as it contains all nine essential amino acids, making it comparable to cow’s milk in terms of protein content.²⁵ The FDA recognized soy protein with an authorized health claim stating, “25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.”²⁶
- Recent research revealed that soymilk supports heart health. A systematic review and meta-analysis of 17 randomized controlled trials found that those drinking soymilk (including sweetened soymilk) led to moderate reductions in “bad” (non-HDL) cholesterol, systolic blood pressure, and diastolic blood pressure; and small important reductions in LDL cholesterol and C-reactive protein (a marker of inflammation) – all of which are significant factors for the prevention of heart disease.²⁷
- Soymilk can support reduced menopause symptoms. Clinical studies have shown that consuming 30 mg of soybean isoflavones contained in two servings (1 cup) of soymilk– may reduce the number of daily hot flashes by approximately 20%.²⁸
- Often fortified with calcium and vitamin D, soymilk can support bone health, including helping to maintain bone density and prevent osteoporosis.²⁹

SOYMILK COOKING TIPS

Soymilk is simple to add to your diet and can be used in a 1:1 ratio for cow’s milk in most recipes.

- **Pour:** Simply pour a refreshing glass anytime of the day.
- **Use for breakfast and baking:** Combine with overnight oats, chia seeds, and fruit for a convenient breakfast; use in recipes like pumpkin bread and muffins.
- **Blend into beverages:** Add soymilk, frozen fruit, and protein powder to a blender to make a nourishing smoothie; swirl into your hot beverage of choice to add creaminess.
- **Soups and sauces:** Use in soups like corn chowder and potato for a creamy texture; combine with garlic, herbs, and tomatoes to create a flavorful pasta sauce.



SOYMILK SHOPPING TIPS

Soymilk is often found in the refrigerated dairy aisle near other plant-based beverages. Shelf-stable versions are found in the center aisles or natural/health food sections.

SOYNU T BUTTER

WHAT IS SOYNU T BUTTER?

Soynut butter is made from ground soynuts. Soybeans are harvested when they reach maturity, then cleaned, soaked, and roasted at high temperatures until crunchy. The roasted soynuts are then ground into a smooth or crunchy paste, similar in texture to peanut butter. Soynut butter is high in both protein and fiber, with 7 grams of protein and 3.4 grams of fiber per two-tablespoon serving.³⁰

SOYNU T BUTTER HEALTH BENEFITS

- Some research suggests that soynuts may lower cholesterol levels more than other types of soy products.³¹
- Soynuts may also reduce blood pressure, with some research showing that compared with a Therapeutic Lifestyle Changes (TLC) diet alone, the TLC diet plus soynuts (with 25 grams of protein) led to a 9.9% reduction in systolic blood pressure and a 6.8% reduction in diastolic blood pressure in postmenopausal women with hypertension (high blood pressure).³²
- According to research, compared to the TLC diet alone, the TLC diet plus soynuts was associated with a 45% decrease in hot flashes and other menopause symptoms.³³

SOYNU T BUTTER COOKING TIPS

Soynut butter can be used in place of peanut butter or other nut butters.

- **Spread:** Spread soynut butter on toast, English muffins, or rice cakes, then top with sliced bananas or strawberries for a quick breakfast or snack.
- **Stir into hot cereal:** Swirl one or two tablespoons of soynut butter into oatmeal, cream of wheat, or quinoa porridge for added protein, fiber, and creaminess.
- **Blend into smoothies:** Add soynut butter, soymilk and frozen fruit to a blender to make a filling smoothie.
- **Sauce:** Combine soynut butter with soy sauce, soybean oil, maple syrup, and ginger for a creamy sauce that can be used on noodles, stir-fries, tempeh, or roasted vegetables.



SOYNU T BUTTER SHOPPING TIPS

Soynut butter is typically found in the same aisle as other nut butters, but in some stores, it may be located in the natural foods aisle. Soynut butter is shelf-stable and can be stored in the pantry. If you want to store it in the refrigerator, be aware that it may thicken as it cools.

SOY YOGURT

WHAT IS SOY YOGURT?

Soy yogurt is a yogurt alternative made from fermented soymilk. This process is started by heating soymilk and combining it with a starter culture (beneficial bacteria that consume the natural sugars in soymilk). Two commonly used starter cultures are *Lactobacillus bulgaricus* and *Streptococcus thermophilus*.

Once the starter culture has been added to the soymilk, it incubates for several hours. As fermentation occurs, the soymilk becomes thicker and develops a sour taste. The soy yogurt is then cooled, and fruit or honey may be added for flavor.

SOY YOGURT HEALTH BENEFITS

- Soy yogurt contains probiotics (live microbes)³⁴ that support a healthy gut and immune system.³⁵
- Soy yogurt is a source of high-quality protein containing all nine essential amino acids. Research shows that eating soy protein is associated with a decreased risk of type 2 diabetes^{36,37} and may reduce your risk of heart disease.³⁷
- Soy yogurt contains isoflavones, which can reduce menopause symptoms, such as hot flashes,³⁸ and may reduce the risk of breast³⁹ and prostate cancers.⁴⁰

SOY YOGURT COOKING TIPS

Soy yogurt is incredibly versatile and can be used the same way as dairy yogurt.

- **Parfaits:** Layer soy yogurt with berries, granola, and seeds.
- **Smoothies:** Blend soy yogurt with frozen banana, spinach, and nut butter.
- **Sauces and dressings:** Use plain soy yogurt as a base for lemon-tahini sauce or ranch-style dressing.
- **Dips:** Mix plain soy yogurt with herbs, spices, and olive oil for a savory dip that can be paired with whole wheat crackers or raw vegetables.
- **Marinades:** Combine plain soy yogurt with oil, lemon juice, Dijon mustard, smoked paprika, salt, and pepper as an easy marinade for tofu or chicken.

SOY YOGURT SHOPPING TIPS

In most grocery stores, soy yogurt is found in the refrigerated aisle, in the dairy and plant-based alternative section. If your store has a natural foods aisle, soy yogurt can also be found there. When choosing soy yogurt, look for labels that list “live and active cultures,” which indicate the yogurt has live probiotics that can promote gut health.



TEMPEH

WHAT IS TEMPEH?

Tempeh is made from fermented soybeans. Dried, whole soybeans are first soaked in water for at least 12 hours, then drained and boiled in fresh water for 45 minutes. Once they've dried and cooled, they're mixed with vinegar, which balances the pH and prevents unwanted bacteria from growing.

Next, a dried mixture of live *Rhizopus* spores and either soybeans or rice is blended with the vinegar-soybean mixture. The mixture is then incubated at 85oF to 90oF for 24 to 48 hours. Once it's firm, the cakelike structure is sealed in an airtight container and can be refrigerated for up to one week before being eaten.

TEMPEH HEALTH BENEFITS

- Tempeh is high in protein, with 16.92 grams per 3 oz serving.⁴¹ Research shows that high-protein diets lead to greater weight loss than standard protein diets⁴² and that soy protein significantly reduces LDL (bad) cholesterol by 3% to 4% in adults.⁵
- Tempeh contains prebiotics (non-digestible fibers that act as food for your gut microbiome),⁴³ which can support overall gut and immune health.⁴⁴
- Tempeh is a source of calcium (about 94 mg per 3 oz serving).⁴⁵
- Tempeh contains soy isoflavones, which may improve cognitive function, particularly in postmenopausal women.⁴⁶

TEMPEH COOKING TIPS

Tempeh has a nutty, earthy flavor that pairs well with grains, sandwiches, tacos, and salads.

- **Pan-sautéed tempeh:** Slice or cube tempeh, season with salt, pepper, and garlic powder, then sauté for 3 to 4 minutes per side. Add to grain bowls, wraps, or salads for a plant-based protein boost.
- **Crumbled tempeh:** Add crumbled tempeh seasoned with taco seasoning or Italian herbs to tacos or bolognese sauce.
- **Marinated tempeh:** Marinate cubed tempeh with soy sauce, honey, sesame oil, garlic powder, and smoked paprika. Serve with grains or rice noodles, along with roasted vegetables.
- **Tempeh “bacon”:** Cut tempeh into thin slices, season with soy sauce and maple syrup, then cook in a skillet or bake until crispy. Add to breakfast bowls, sandwiches, or salads.

TEMPEH SHOPPING TIPS

Tempeh is typically found in the refrigerated section of the grocery store near other plant-based proteins, such as tofu. Stores with a natural foods section may also keep tempeh in a separate aisle with other plant-based proteins. If you can't find tempeh in the refrigerated section, look in the frozen section.

TOFU

WHAT IS TOFU?

Tofu is a white block made from soybeans. It has a texture similar to cheese and is produced by coagulating protein in soymilk. It comes in a range of textures – from soft to extra-firm – and has a mild, neutral flavor that readily absorbs the flavors of the ingredients it's cooked with. Tofu is widely available in many forms, including baked, smoked, marinated, and crumbled.

TOFU HEALTH BENEFITS

- Tofu is a high-quality protein that contains all the essential amino acids the body needs.⁴⁷
- Many tofu options are calcium-set, making tofu rich in calcium, which support bone health.⁴⁸
- A tofu-inclusive diet, including daily intake of 26.7g of tofu (roughly equivalent to a 1-inch cube or a thin slice), was associated with an 18% lower risk of cardiovascular heart disease.⁴⁹
- Tofu has isoflavones, a phytoestrogen that may help with brain function and menopause symptoms²⁹ and lower the risk of breast cancer.¹¹

TOFU COOKING TIPS

- **Eating Raw:** Any tofu can be eaten straight out of the package – just drain any excess water and enjoy.
- **Draining/Pressing:** The most common tofu prep technique. Press tofu between dish towels or paper towels, top with a flat, heavy object (such as a skillet or dish), and push down to drain excess liquid. A kitchen tool called a tofu press is another option.
- **Marinating:** Infuse the tofu with a marinade to elevate its flavor.
- **Prepared Tofu:** Choose smoked or pre-seasoned tofu for a simple no-prep option.



TOFU SHOPPING TIPS

Tofu is typically found in the refrigerated section of a store's produce department.

Non-refrigerated tofu, like silken or soft tofu, is sometimes found in a store's Asian or international sections.



By Sarah Glinski, RD

Sarah Glinski is a registered dietitian and health and nutrition writer specializing in gut health. With over seven years of experience in the wellness industry, she blends clinical expertise with evidence-based storytelling to make complex nutrition science clear, practical, and accessible. Sarah has worked as a clinical dietitian and is now a freelance writer, published in outlets such as Everyday Health, Well+Good, Yahoo!, and PS. Her work focuses on cutting through nutrition misinformation and providing trustworthy, science-backed guidance readers can actually use.

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Soy in the Kitchen

Dietitian recipes to inspire
flavorful, soy-focused meals

Argentine-Style Chimichurri and Grilled Tofu



Gisela Bouvier
RDN, LDN

preparation time
10 minutes

cooking time
20 minutes

total time
30 minutes

servings
4

difficulty
easy

Nutrition Facts: (1 serving) Calories: 166 | Fat: 14g | Saturated Fat: 0g | Carbohydrates: 2.8g | Protein: 8.4g

Ingredients

Chimichurri:

- 1 1/2 cups fresh parsley, finely chopped
- 1/2 cup red wine vinegar
- 1 tbsp minced garlic
- 1/2 tsp salt
- 2 tsp dried oregano
- 1/2 tsp black pepper
- 3/4 cup soybean (vegetable) oil
- Optional: red pepper flakes

Tofu:

- 1 4oz block extra firm tofu
- 2 tsp soybean (vegetable) oil
- 1/2 tsp kosher salt

Instructions

1. Rinse the parsley well with water and pat it until completely dry. Remove any thick stems and roughly chop.
2. Add the parsley, garlic, and oregano to the food processor. Pulse a few times until finely chopped - ensuring it does not become a paste.
3. Add red wine vinegar, salt and pepper and pulse briefly (again) to combine all ingredients.
4. Add soybean oil and blend once more. **Best results if the food processor is on low and the soybean oil is slowly added.*
5. Taste and add additional salt and pepper if desired. Red pepper flakes can also be added if preferred.
6. Let rest for 10-15 minutes before serving to allow time for the flavors to meld together. Enjoy over tofu, steak, or veggies.

Tofu Instructions

1. Press tofu in tofu press for 15 min to drain.
2. Slice tofu in half long ways and drizzle soybean oil and salt on each side of both halves.
3. Grill tofu slices 5 minutes on each side.
4. Top with chimichurri sauce and enjoy.



Tempeh Burrito Bowl with Beef



Mackenzie Burgess
RDN

preparation time
15 minutes

cooking time
10 minutes

total time
25 minutes

servings
4

difficulty
easy

Nutrition Facts: (1 serving) Calories: 553 | Fat: 24.6g | Saturated Fat: 7.2g | Carbohydrates: 53g | Protein: 34.6g

Ingredients

Tempeh Crumble:

- 1 tablespoon oil of your choice (soybean oil, olive oil, avocado oil, etc.)
- 1 - 8 ounce block unseasoned tempeh, crumbled up with hands to make ~2 cups total
- 8 ounces ground beef (93% lean / 3% fat)
- 4 teaspoons taco seasoning
- 1/4 cup vegetable broth, plus more as needed to deglaze pan

Bowl:

- 2 cups cooked white rice
- 1 small lime, juiced (about 2 tablespoons)
- 1/4 cup chopped fresh cilantro, plus more for serving
- 1 cup black beans, rinsed and drained
- 1 cup fresh or canned corn kernels
- 1 cup pico de gallo or chopped tomatoes
- 1/2 cup shredded mexican blend cheese (sub vegan alternative if preferred)
- 1 large avocado, diced into 1/2-inch pieces
- Lime wedges, for serving

Additional toppings of your choice:

- Sour cream
- Shredded lettuce
- Diced red onions
- Jalapeños
- Fajita peppers
- Guacamole
- Hot sauce
- Crushed tortilla chips

Instructions

- Heat oil in a skillet over medium-high heat. Add the crumbled tempeh and beef cook for 3-5 minutes until lightly browned (beef should be cooked to a minimum internal temperature of 160° F).
- Lower heat to medium, then stir in taco seasoning. Add broth or water, mix well, and cook for another 3-4 minutes until the tempeh and beef absorb the flavors and becomes slightly crispy. (Note: If the pan dries out while cooking and starts to have burnt bits, feel free to add a small splash of broth or water to deglaze the pan.)
- In a large bowl, mix the cooked rice with lime juice and chopped fresh cilantro until evenly combined.
- To assemble the bowls, divide the following portions among 4 bowls: 1/2 cup cilantro-lime rice, 3/4 cup tempeh + beef mixture, 1/4 cup black beans, 1/4 cup corn kernels, 1/4 cup pico de gallo or chopped tomatoes, 2 tablespoons cheese, and 1/4 of the avocado.
- Add any additional toppings of your choice, garnish with fresh cilantro, and serve with lime wedges on the side.

Seasoning Note: If you don't have taco seasoning for the tempeh crumbles, you can also season by using the following: 1 teaspoon chili powder, 1 teaspoon cumin, 1 teaspoon smoked paprika, 1 teaspoon garlic powder, and 1/2 teaspoon salt.

Broth Note: Feel free to use water if you don't have any broth. You may just want to season with a bit more salt in this case.

Rice Note: Feel free to cook fresh rice, use a rice packet, or this recipe is a great way to use up leftover rice! We typically use jasmine rice, but any type should work. You can also substitute for brown rice if preferred.



Miso-Maple Tempeh & Salmon Gut-Healthy Power Bowl



Mascha Davis
MPH, RDN

preparation time
10 minutes

cooking time
10 minutes

total time
20 minutes

servings
2

difficulty
easy

Nutrition Facts: (1 serving) Calories: 580 | Fat: 25g | Saturated Fat: 0g | Carbohydrates: 55g | Protein: 40g

Ingredients

Miso-Maple Tempeh:

8 oz tempeh, sliced into 1/2-inch strips
1 1/2 tbsp white miso
1 1/2 tbsp pure maple syrup
1 tbsp low-sodium soy or tamari sauce
1 tsp rice vinegar
1 tsp sesame oil
1/2 tsp soybean oil or the cooking oil of your choice (for cooking)

Salmon:

6 oz salmon fillet, cut into 2 portions
1 tsp soybean oil or the cooking oil of your choice
Pinch sea salt and black pepper

Ginger-Tahini Dressing:

2 tbsp tahini
1 tbsp freshly grated ginger
1 tbsp lemon juice
1 tbsp soy or tamari sauce
1 tsp maple syrup
3-4 tbsp warm water (to thin)

Crunchy Sesame Slaw

2 cups shredded green cabbage
1 tbsp rice vinegar
1 tsp maple syrup
1 tbsp sesame seeds

Bowl Base (optional but recommended)

1 cup cooked brown rice or quinoa (1/2 cup per bowl)

Instructions

1. Make the glaze: Whisk miso, maple syrup, tamari, rice vinegar, and sesame oil until smooth.
2. Cook the tempeh: Heat olive oil in a skillet over medium heat. Add tempeh and cook 3-4 minutes per side until golden. Brush with glaze and cook another 1-2 minutes per side until caramelized.
3. Cook the salmon: Heat cooking oil in a pan over medium heat. Season salmon with salt and pepper and cook 3-4 minutes per side until it reaches an internal temperature of 145°F.
4. Make the dressing: Whisk tahini, ginger, lemon juice, tamari, and maple syrup. Add warm water until creamy and pourable.
5. Toss the slaw: Combine cabbage, rice vinegar, maple syrup, and sesame seeds.
6. Assemble the bowls: Divide grains between bowls. Top with tempeh, salmon, sesame slaw, and drizzle with ginger-tahini dressing



Tempeh & Turkey Power Balls (Egg-Free)



Malina Malkani
MS, RDN, CDN

preparation time
15 minutes

cooking time
15 minutes

total time
30 minutes

servings
24 meatballs

difficulty
easy

Nutrition Facts: (1 serving) Calories: 76 | Fat: 3g | Saturated Fat: 1g | Carbohydrates: 6g | Protein: 8g

Ingredients

8 ounces tempeh, grated	2/3 cup plain, unsweetened soymilk	1 small shallot, minced	1/2 teaspoon freshly ground black pepper
8 ounces ground turkey (dark meat)	3 tablespoons tomato paste	1 medium carrot, grated	Soybean (vegetable) oil, as needed
4 ounces silken tofu	2 tablespoons Worcestershire sauce	1/2 cup grated parmesan cheese	
1/2 cup Italian-seasoned breadcrumbs	2 cloves garlic, minced	1 teaspoon kosher salt	

Instructions

1. Line 2 standard-sized sheet pans with parchment paper, adjust your oven rack to the top position, and preheat the oven to 425°F.
2. In a large mixing bowl, whisk the tomato paste with the soymilk and Worcestershire sauce until combined, then add the breadcrumbs and soak for 7-8 minutes.
3. While the breadcrumbs soak, grate the carrot and tempeh and mince the garlic and shallot.
4. Once the breadcrumbs are soaked, add the tempeh, turkey, silken tofu, garlic, shallot, carrot, cheese, salt, and pepper to the mixing bowl and stir just until combined, without overmixing.
5. Using a 1.5-ounce ice cream scooper, scoop the mixture into about 24 meatballs, packing them tightly with your hands and rolling them into balls. Coat your hands with soybean oil to prevent sticking, arrange the meatballs in a single layer evenly across the sheet pans, and drizzle a bit of soybean oil over the top of each.
6. Bake for 13-15 minutes, or until a meat thermometer shows an internal temperature of at least 160°F.
7. Serve over pasta with marinara sauce.
8. Store leftovers in an airtight container and enjoy within 5 days if refrigerated, or within 3 months if frozen.



Spicy Peanut Chicken & Edamame Noodles



Andrea Mathis
MA, RDN, LD

preparation time
5 minutes

cooking time
20 minutes

total time
25 minutes

servings
4

difficulty
easy

Nutrition Facts: (1 serving) Calories: 531 | Fat: 20g | Saturated Fat: 4g | Carbohydrates: 28g | Protein: 57g

Ingredients

1 lb boneless, skinless chicken breast, cut into small pieces
1-2 tablespoons soybean (vegetable) oil
8 oz edamame noodles
1 onion, sliced
2 cups shredded carrots

2 cloves garlic, minced
Cilantro, chopped, to taste (optional)
Sesame seeds (optional)

Spicy Peanut Sauce:

1/3 cup peanut butter
1/4 cup low-sodium soy sauce
1/4 teaspoon cayenne pepper
1 tablespoon sriracha
1 teaspoon fresh ginger, grated
Juice from 2 limes
Salt/pepper to taste

Instructions

1. Cook the edamame noodles according to package directions. Drain and set aside.
2. Lightly season the chicken breast with salt and pepper, if desired.
3. In a large non-stick skillet over medium-high heat, add the oil and chicken. Cook until the chicken is just cooked through, about 5-7 minutes. Add in the onions, carrots, and garlic and cook until the veggies are tender.
4. In a medium bowl, prepare the Spicy Peanut Sauce. Simply whisk together the peanut butter, soy sauce, cayenne pepper, sriracha, ginger, and lime juice. Season with salt & pepper to taste.
5. Pour in the Spicy Peanut Sauce and add in the pasta. Stir to make sure all ingredients are coated evenly. If the pasta appears to be dry, add in a couple of tablespoons of water if necessary. Reduce the heat to low and allow the pasta to sit for a couple minutes to soak up some of the sauce, and to make sure that the chicken is completely cooked through and reaches an internal temperature of 165°F. Season with salt & pepper to taste.
6. Serve warm, and top with fresh cilantro and sesame seeds, if desired.



Simple Spring Edamame Stir Fry with Miso-Ginger Pork



Whitney Stuart
MS, RDN, CDECS

preparation time
8 minutes

cooking time
22-24 minutes

total time
30-32 minutes

servings
4

difficulty
easy

Nutrition Facts: (1 serving) Calories: 380 | Fat: 18g | Saturated Fat: 3g | Carbohydrates: 22g | Protein: 35g

Ingredients

Pork:

- 1 pork tenderloin (1 lb)
- 2 tbsp white miso (ensure GF)
- 2 tbsp gluten-free tamari
- 1 tsp honey or maple syrup
- 1 tbsp rice vinegar
- 1 tbsp grated ginger
- 1 tbsp soybean (vegetable) oil

To Serve:

- 4 cups cauliflower rice
- Lime wedges

Veggie Stir Fry:

- 1 1/2 cups shelled edamame (thawed, if frozen)
- 1 cup snow peas or sugar snap peas
- 1 cup asparagus, sliced
- 1 red bell pepper, sliced
- 1 tsp low-sodium tamari
- 1 tsp grated ginger or 1/2 tsp ginger powder
- 1 tsp garlic powder
- 1 tbsp soybean (vegetable) oil

Instructions

Prep the Pork

1. Mix miso, low-sodium tamari, honey, rice vinegar, and ginger.
2. Rub mixture onto pork tenderloin and let sit 10 minutes.

Cook the Pork

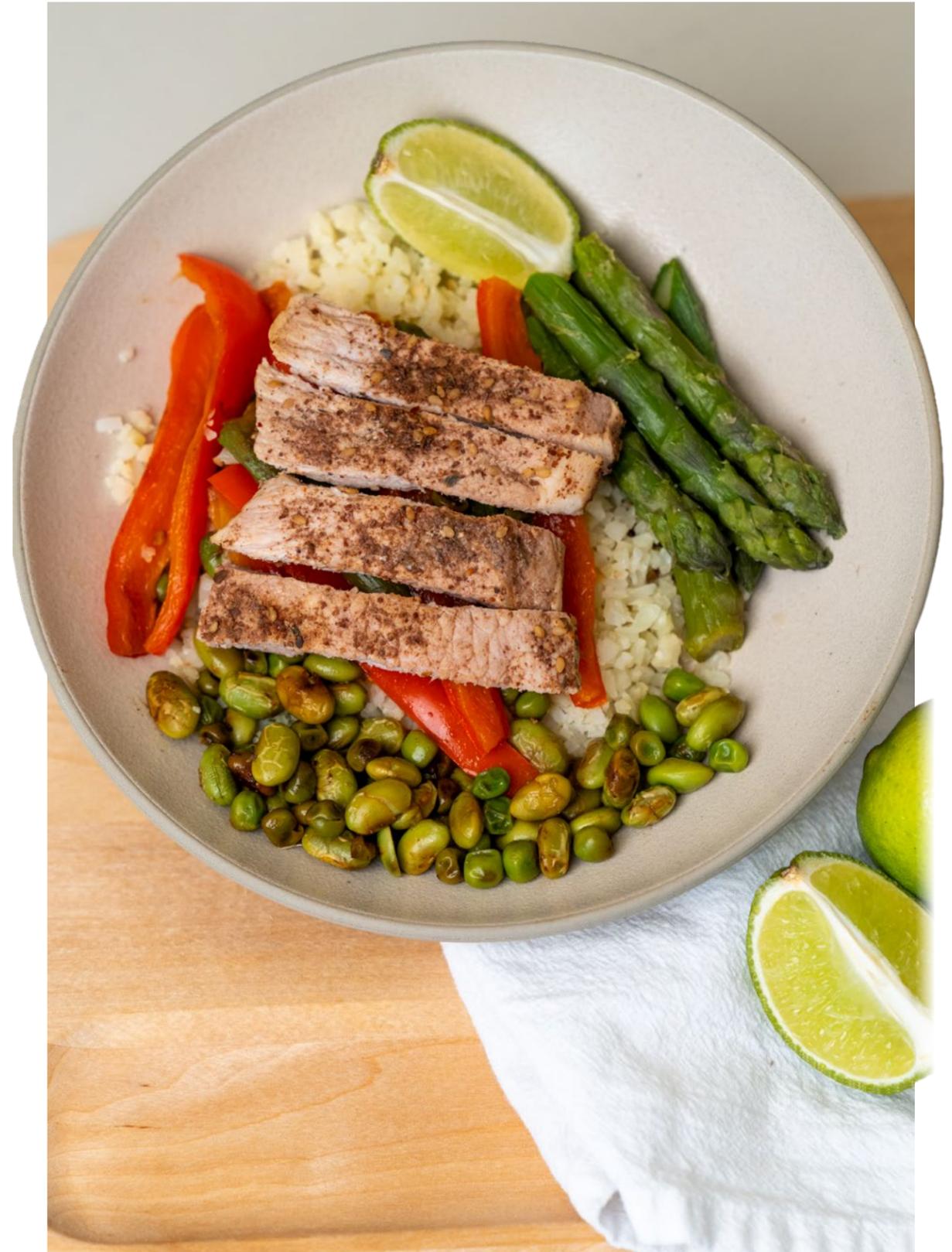
1. Heat oil in a skillet over medium-high.
2. Sear pork on all sides (about 6 minutes).
3. Lower the heat to medium, cover, and cook another 8-10 minutes, turning occasionally, until the internal temp reaches 145°F.
4. Let rest 5 minutes and slice.

Make the Stir Fry

1. Heat oil in a large pan.
2. Add asparagus + bell pepper, cook 3 minutes.
3. Add edamame, snow peas, tamari, ginger, and garlic powder.
4. Cook 3-4 minutes until crisp-tender.

Serve

1. Add veggies over your grain of choice.
2. Top with sliced pork.
3. Squeeze lime on top.



Air Fryer Bang Bang Tofu and Shrimp Bowls



Caroline Thomason
Bunn
RDN, CDCES

preparation time
15 minutes

cooking time
15-18 minutes

total time
30-33 minutes

servings
4

difficulty
easy

Nutrition Facts: (1 serving) Calories: 535 | Fat: 16g | Saturated Fat: 0g | Carbohydrates: 66g | Protein: 33g

Ingredients

Tofu & Shrimp:

- 1 (14-oz) block extra-firm tofu, pressed and cut into 1-inch cubes
- 1 lb large shrimp, peeled and deveined
- 2 tablespoons cornstarch
- 1 tablespoon soybean (vegetable) oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Bang Bang Sauce:

- 2 tbsp plain Greek yogurt
- 2 tbsp mayo
- 2 tbsp sweet chili sauce
- 1 tablespoon lime juice

For Serving:

- Cooked rice
- Veggies: such as snow peas, cabbage, carrots, and green onions
- Garnish (optional): Sesame seeds or chopped cilantro

Instructions

1. Preheat the air fryer to 400°F. Lightly spray the basket with oil.
2. With paper towels, press the water out of the tofu block until dry. Note: the more water you press out, the faster the cooking time will be!
3. Cut tofu into cubes for air frying.
4. In a large bowl, toss the cubed tofu with cornstarch, oil, garlic powder, paprika, salt, and pepper until evenly coated.
5. Arrange tofu in a single layer in the air fryer basket (cook in batches if needed).
6. Air fry for 15 minutes, shaking halfway through.
7. For the last 5 minutes, add the shrimp to the air fryer with the tofu. Spray with a thin layer of oil after adding the shrimp to coat.
8. Air fry until the tofu is lightly crispy and the shrimp is cooked through, aiming for an internal temperature of 145°F.
9. While the tofu and shrimp cook, whisk together Greek yogurt, mayo, sweet chili sauce, and lime juice.
10. Transfer hot tofu and shrimp to a bowl and gently toss with the bang bang sauce, reserving some for drizzling.
11. Serve with rice and veggies. Garnish with sesame seeds. Drizzle with remaining sauce.



Miso Glazed Salmon



The Real Food Dietitians RDN

preparation time
5 minutes

cooking time
10 minutes

total time
25 minutes

servings
4

difficulty
easy

Nutrition Facts: (1 serving) Calories: 237 | Fat: 12g | Saturated Fat: 2g | Carbohydrates: 7g | Protein: 26g

Ingredients

Item:

¼ cup white miso paste
2 tablespoons pure honey
2 tablespoons rice vinegar
2 tablespoons cooking oil of your choice

1 tablespoon low-sodium soy sauce
4 (4- to 5-ounce each) skin-on or skinless salmon fillets, patted dry

Instructions

1. In a small bowl, whisk together the miso, honey, rice vinegar, oil, and soy sauce.
2. Place the salmon fillets in a shallow dish, such as a small baking dish.
3. Pour the marinade all over the salmon, turning the fillets 2 to 3 times to coat on both sides.
4. Allow the salmon to marinate in the fridge, skin side up (if there is skin) for at least 30 minutes and up to 24 hours.
5. When ready to cook, position the top oven rack in the upper one-third of the oven and preheat the broiler to High.
6. Line a large rimmed baking sheet with parchment paper or foil; set aside.
7. Remove the salmon pieces from the marinade, allowing any excess marinade to drip off, discarding the marinade. Place the salmon on the prepared baking sheet.
8. Broil until the fish flakes easily with a fork, about 6 to 10 minutes. Cooking time will vary depending on the thickness of the filets with thicker filets taking longer to cook.
9. Store any cooled leftovers in an airtight container in the refrigerator for up to 4 days.

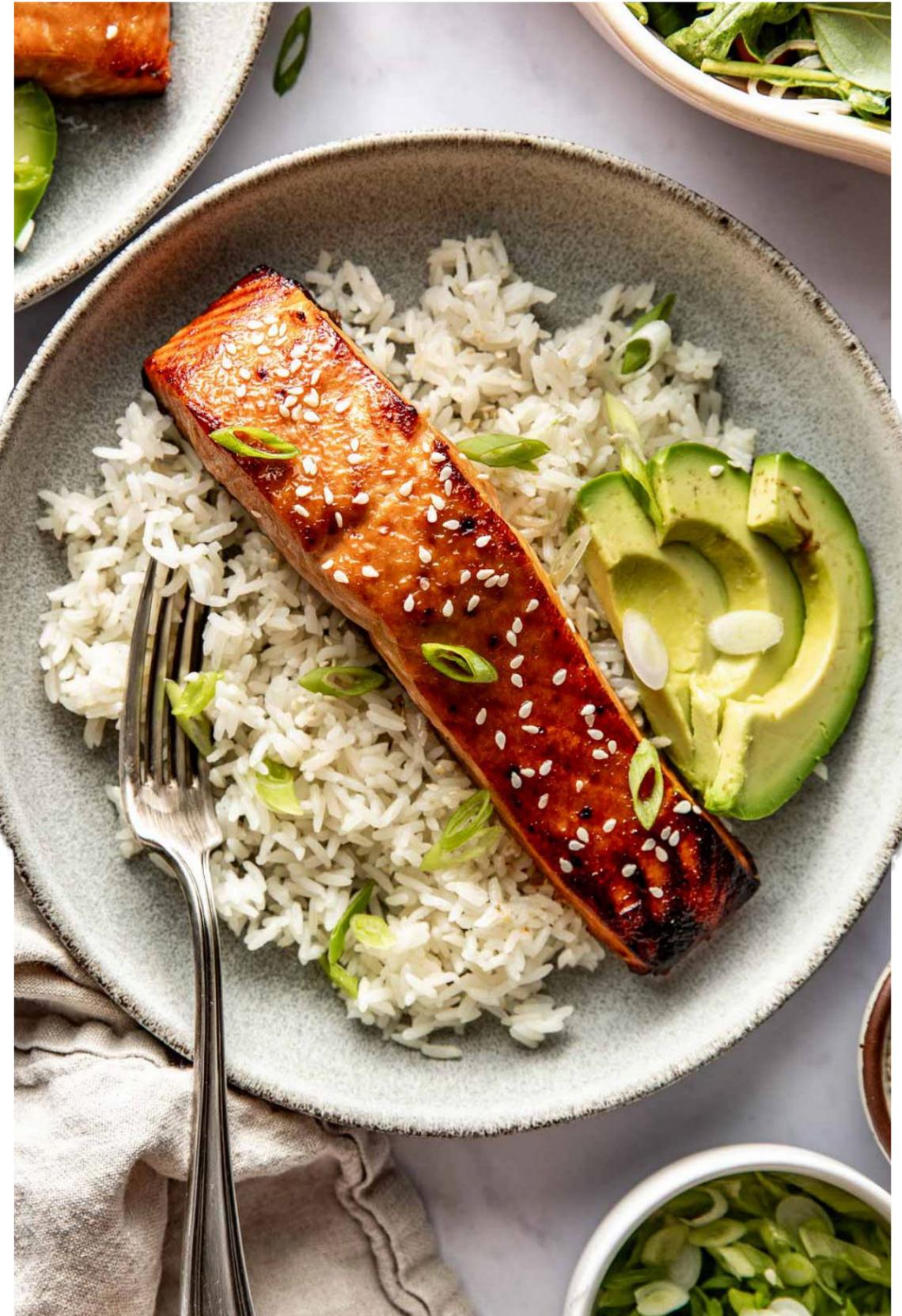


Photo Credit: Megan McKeehan

Asian Baked Tofu Bowls



The Real Food Dietitians RDN

preparation time
20 minutes

cooking time
30-35 minutes

total time
50-55 minutes

servings
4

difficulty
easy

Nutrition Facts: (1 serving) Calories: 573 | Fat: 27g | Saturated Fat: 5g | Carbohydrates: 57g | Protein: 24g

Ingredients

For the Tofu:

- 1 lb extra firm tofu
- 2 tablespoons low-sodium soy sauce (use tamari for gluten-free)
- 2 tablespoons rice vinegar
- 1 tablespoon pure honey
- 3 garlic cloves, finely minced or grated (or 1 1/2 teaspoons garlic powder)
- 2 teaspoons toasted sesame oil
- 1 teaspoon grated fresh ginger (or 1/2 teaspoon dried ginger)
- 1/2 teaspoon Sriracha (may substitute chile-garlic sauce, gochujang or another hot sauce)
- 1/8 teaspoon black pepper
- Cooking spray

For the Quick Pickled Cucumbers:

- 1 small (or 1/2 large) English cucumber, very thinly sliced
- 1/3 cup rice vinegar
- 1/3 cup warm water
- 1-2 teaspoons cane sugar
- 1/2 teaspoon fine salt

For the Honey-Sriracha Sauce:

- 1/4 cup mayonnaise (use vegan mayo for egg-free)
- 2 teaspoons pure honey
- 1-2 teaspoons sriracha, to taste
- 1-2 teaspoons rice vinegar to achieve desired consistency

For Serving:

- 3 cups cooked rice of choice (white, brown, or cauliflower rice)
- 2 small or 1 large avocado, diced
- 1 1/3 cups shelled edamame, cooked according to package directions
- Optional: Sesame seeds, red pepper flakes, and/or sliced green onions

Instructions

1. Prepare the Quick-Pickled Cucumbers by placing the thinly sliced cucumbers in a shallow container with a lid.
2. In a small bowl, combine the rice vinegar, warm water, sugar, and salt whisking to combine.
3. Pour the vinegar mixture over the cucumbers ensuring they are submerged in the liquid. Set aside until ready to serve (these may be made up to 3 days in advance and stored in the refrigerator).
4. Press the tofu: Line a plate with 2-3 paper towels. Place the tofu on the plate and cover with another 2-3 paper towels. Place a second plate over the tofu then place a heavy object (cookbook, can of tomatoes, filled water bottle, etc.) on the plate and allow the excess water in the tofu to drain out for 30 minutes.
5. Once the tofu has been pressed, cut the block into 1-inch cubes, ensuring the pieces are all about the same size so they will cook evenly.

Cont'd →

6. In a large shallow bowl or pie plate, combine the soy sauce, vinegar, honey, garlic, sesame oil, ginger, Sriracha, and pepper; whisk to combine.
7. Add the tofu pieces to the marinade, turning each piece a few times to coat well. Set aside to marinate for at least 15 minutes or as long as 4 hours.
8. Preheat the oven to 400°F.
9. Generously spray a rimmed sheet pan with cooking spray. Arrange the tofu pieces on the sheet pan without touching and spray again with cooking spray.
10. Bake for 15 minutes. Flip each piece and continue baking for another 15-20 minutes or until golden brown with crispy edges.
11. While the tofu is baking, make the Honey-Sriracha Sauce by combining the mayonnaise, honey, and sriracha. Add one teaspoon of rice vinegar at a time until desired consistency is reached.
12. Assemble bowls by adding 3/4 cup cooked rice to each bowl. Top with 1/4 of the diced avocado (1/2 small avocado or 1/4 large avocado), 1/2 cup quick-pickled cucumbers, 1/3 cup edamame, and 1/4 of the tofu.
13. Drizzle each bowl with 1 tablespoon of sauce. Garnish with optional sesame seeds, red pepper flakes, and/or green onions if desired.

Air Fryer Instructions:

1. Preheat the air fryer to 375°F.
2. When hot, mist the basket of the air fryer generously with cooking spray. Place the tofu pieces in the basket making sure they are not touching. NOTE: If the air fryer basket is small, it may be necessary to cook the tofu in two batches.
3. Air fry until the tofu is golden brown with crispy edges turning halfway through cooking, about 10-12 minutes.

Photo Credit: The Real Food Dietitians



Crockpot Beef Ramen



The Real Food Dietitians RDN

preparation time
15 minutes

cooking time
4 hours

total time
4 hours, 30 minutes

servings
6

difficulty
easy

Nutrition Facts: (1 serving) Calories: 370 | Fat: 10g | Saturated Fat: 3g | Carbohydrates: 44g | Protein: 27g

Ingredients

Cooking spray	1 (12-ounce) bag cole slaw mix	1 tablespoon rice vinegar	1 cup shelled edamame, frozen
1 lb lean ground beef	2 cup shredded carrots*	2 teaspoons pure honey	For serving: fresh cilantro, sliced green onions, Sriracha, sesame seeds, chili crisp, hot honey, and/or crushed red pepper flakes
4-6 green onions, thinly sliced, white and green parts separated	2 cups low-sodium chicken broth	2 teaspoons freshly grated ginger	
4 garlic cloves, finely minced	1/3 cup low-sodium soy sauce	3 (3-oz) packages of ramen noodles (seasoning packets discarded)	
	1 tablespoon toasted sesame oil		

Instructions

1. Place a medium skillet over medium-high heat. When the skillet is hot, mist the surface with cooking spray and add the ground beef, the white/light green parts of onions, and the minced garlic. Cook until the ground beef is no longer pink, breaking up the meat and stirring occasionally, 6-7 minutes.
2. Transfer the ground beef mixture to the slow cooker.
3. To the slow cooker, add the cole slaw mix, shredded carrots, chicken broth, soy sauce, toasted sesame oil, vinegar, honey, and ginger; stir to combine.
4. Cover and cook until the vegetables are tender and the sauce is bubbling, on the LOW setting for 4 hours or on HIGH setting for 2 hours.
5. Remove the lid and stir in the frozen edamame. Then, nestle the noodle cakes into the sauce as best you can. You may need to spoon some of the meat and vegetable mixture over the noodles.
6. Replace the lid and cook on the HIGH setting for 15-30 minutes or until the noodles are tender, stirring once or twice to separate the noodles. Stir the green parts of the onions and the cilantro into the beef and noodle mixture.
7. Serve hot with desired garnishes.



Photo Credit: Half Acre House



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