

Great Health, Great Taste **EVERYDAY**

Delicious Homecooked Meals with **SOY**
Plus quick cooking tips! Now with new Low-Carb Recipes!



Introduction



We all try to maintain a healthy diet. We look for ways to improve our family's meals, but for kids and adults alike, taste still rules at the dinner table. That's why the United Soybean Board has put together this easy-to-follow meal-planning tool to help you add flavorful and healthful soyfoods to all your meals. From soy nuts to soymilk, soy appears in many products and adds a powerful dose of protein without sacrificing taste.

Not only is soy a versatile ingredient, but studies show there are many possible health benefits to a soy-enriched diet. Soy may help prevent heart disease, osteoporosis and breast and prostate cancers.

No matter what you're craving, you can incorporate soy into all types of cuisine. Thinking of that trip to Italy last summer and want to cook up some pasta? Try tossing edamame, or green soybeans, into **Linguini with Roasted Garlic Sauce (cover photo, p 30)**. Look for soy pasta, which gives you an extra shot of protein. Having a hard time getting the kids to eat healthy? Add soymilk into their usual breakfast and have them begging for **Apple Cinnamon Pancakes (p 33)** every morning! Or perhaps you're throwing a last-minute surprise party. Try whipping up a **Layered Tofu Salad (p 16)** and have your friends clamoring for more.

But don't take our word for it – try some of these delicious soy recipes for yourself and enjoy the many ways soy will spice up your cooking and your healthy lifestyle!

These recipes are provided by the United Soybean Board, a farmer-led organization comprised of 61 farmer-directors. USB oversees the investments of the soybean checkoff on behalf of all U.S. soybean farmers. For more information, please visit www.talksoy.com

For more information about the healthy benefits of soy, please visit www.talksoy.com.

Low-carb Meals



Do you have a low-carbohydrate dieter in the family? Scratching your head trying to please everyone at the table?

As Americans become increasingly health conscious, many look to low-carb diets as one way to maintain a healthy weight and lifestyle. This meal-planner offers delicious recipes for the low-carb dieter in your family. You'll find these recipes in each cuisine category and for every course of the meal. They're sure to please even the most selective eater.

Soyfoods shine as an example of low-carb options that please the palate as well as the waistline. Naturally a good source of protein, soy is a perfect fit for those searching for high protein, low-carb foods. You can enjoy these recipes "as is" or alter them to fit your dieting needs, such as substituting your favorite low-carb products wherever you desire. For instance, try our **Soy and Spinach Artichoke Dip (p 28)** with a low-carb bread or cracker.

All the meals designated as low-carb options have fewer than 20 grams of carbohydrates per serving. It is important to note that while there are no federal regulations defining "low-carb" yet, this amount is based on a commonly-used threshold defining low-carb.

APPETIZERS

Dimsum Baskets, Soy Spinach and Artichoke Dip,
Tofu Jalapeno Poppers



SOUPS

Mediterranean Soup, Soy Turkey Chili



SALADS

Layered Tofu Salad, Greek Salad with Tangy Lemon Tofu
Dressing, Samurai Salad, Black Bean Salad



DRESSINGS/MARINADES

Miso Marinade, Lemon Miso Dressing, Warm Orange
Soybean Oil Vinaigrette



ENTREES

Oven-Roasted Tofu, Tofu Satay, Linguini with Roasted Garlic
Sauce, Apple Cinnamon Pancakes, Soy Soft Tacos



BAKED GOODS AND DESSERTS

Corn and Soy Muffins, Lemon Tofu Cheesecake,
Blueberry Muffins, Strawberry Smoothie



LOW-CARB

Soy Spinach and Artichoke Dip, Soy Turkey Chili, Samurai
Salad, Black Bean Salad, Oven-Roasted Tofu,
Strawberry Smoothie



QUICK AND EASY

Corn and Soy Muffins, Layered Tofu Salad, Greek Salad with
Tangy Lemon Tofu Dressing, Samurai Salad,
Strawberry Smoothie, Black Bean Salad



HEART HEALTHY *

Oven-Roasted Tofu, Strawberry Smoothie, Mediterranean Soup



List of Occasions



In addition to the menus we've developed, you will also find recipes to wow family and friends at many major holidays and festive occasions.

Here are a few to get you started:

Cinco de Mayo	Tofu Jalapeno Poppers, Soy Soft Tacos
Wedding Shower	Black Bean Salad
Dinner Party	Linguini with Roasted Garlic Sauce, Greek Salad with Tangy Lemon Tofu Dressing
Backyard Barbeque	Tofu Satay, Miso Marinade
Potluck	Layered Tofu Salad, Soy and Spinach Artichoke Dip
Birthday Party	Lemon Tofu Cheesecake, Dimsum Baskets
Slumber Party	Apple Cinnamon Pancakes, Blueberry Muffins
Tailgate Party	Soy Turkey Chili, Corn and Soy Muffins
After School Snack	Strawberry Smoothie*, Mediterranean Soup*
Romantic Dinner for Two	Oven-Roasted Tofu*, Warm Orange Soybean Oil Vinaigrette
Chinese New Year	Samurai Salad, Lemon Miso Dressing

* These recipes meet the requirements of the FDA's health claim on soy protein, which states "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." Foods that meet the health claim must contain 6.25 grams of soy protein per serving and be low in fat, saturated fat and cholesterol.



Quick Tips

Picnic Party

- Get creative with those ordinary sandwiches and use soy “cheeses” and lunch “meats.”
- Flavor your signature barbeque sauce with dark miso for a unique taste.
- Reinvent Grandma’s cookie recipes by adding soy flour.
- Puree firm or silken tofu into crab cakes, coleslaw, potato salad or tuna salad instead of using sour cream or mayo.

Breakfast

- Add soymilk to your café au lait. Try chocolate, vanilla or plain flavors.
- Enjoy smoothies? Blend some soy protein concentrate or uncooked silken tofu in with your favorite fruits to create an extra healthy treat.
- Instead of cream cheese, try spreading soft tofu atop a fresh bagel for breakfast. Flavor your spread with minced scallions and garlic, salt and pepper to taste.
- Add your favorite fresh fruit to vanilla soy yogurt to complete this fun breakfast feast and drizzle with honey to sweeten.

Asian

- Add an Asian flavor to the table by mixing miso in your favorite salad dressings.
- Feel like adding a trendy twist to your dinner salad? Throw on some edamame! Just drop them into lightly salted boiling water for a few minutes first (package direction will specify cooking time.)
- Soy nuts add appealing crunch to stir-fries.



Quick Tips

Italian

- Combine soy crumbles with ground beef, pork or turkey in your family’s meat loaf and spaghetti sauces.
- Try steaming some green beans or broccoli and tossing with soybean oil, lemon juice and crushed red pepper for a healthy vegetable side dish.
- Extra firm tofu is a great topping on pastas, lasagna and casseroles when breaded and fried.

Mexican

- Like to pile high the toppings on those delicious nachos? Sprinkle on some soy crumbles to add a delicious bite of protein. Sprinkle soy “cheese” on top.
- Try using black soybeans instead of black beans or chili beans in your next dish.

Mediterranean

- Finish off your perfect Mediterranean meal with a dish of soy ice cream.
- Edamame make an excellent addition to mezze appetizer plates with hummus, eggplant dip and pita bread.
- Soybean oil works well in the Mediterranean diet, which emphasizes choosing unsaturated fats. It also has a neutral taste so it lets all the Mediterranean flavors shine through.
- Serve soy yogurt, drizzled with oil and topped with slivered nuts and pomegranate seeds, as a cooling relish.



Table of Contents



Table of Contents

PERFECT PICNIC PARTY	
Corn and Soy Muffins	14
Miso Marinade	14
Layered Tofu Salad	16
<i>Soy Turkey Chili – Low-carb Recipe!*</i>	18
SUNNY MEDITERRANEAN LUNCH	
Mediterranean Soup	20
Greek Salad	21
<i>Oven-Roasted Tofu - Low-carb Recipe!*</i>	22
FEAST OF ASIAN DELIGHTS	
Dimsum Baskets	24
<i>Samurai Salad - Low-carb Recipe!*</i>	25
Tofu Satay	26
Lemon Miso Dressing	27
A TRIP TO LITTLE ITALY	
<i>Soy Spinach and Artichoke Dip - Low-carb Recipe!*</i>	28
Warm Orange Soybean Oil Vinaigrette	29
Linguini with Roasted Garlic Sauce	30
Lemon Tofu Cheesecake	31
SUNDAY BRUNCH	
Blueberry Muffins	32
Apple Cinnamon Pancakes	33
<i>Strawberry Smoothie - Low-carb Recipe!*</i>	35
MEXICAN FIESTA	
<i>Black Bean Salad - Low-carb Recipe!*</i>	36
Tofu Jalapeno Poppers	39
Soy Soft Tacos	40

**These low-carb recipes contain less than 20 g of carbohydrates per serving.*



Corn and Soy Muffins & Miso Marinade



1, 1/2 cup	All purpose flour
1/2 cup	Yellow cornmeal
1/4 cup	Soy flour
1/4 cup	Sugar
1 Tbsp.	Baking powder
1/2 tsp.	Salt
1 cup	Light soymilk
2	Eggs
1/4 cup	Soybean oil (vegetable oil)

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

Bake at 400°F for 15 minutes. Makes 12 muffins.

Nutritional Analysis per muffin: 162.4 calories, 4.2 gm protein, 22.8 carbohydrates, 6.2 gm fat, 35.4 mg cholesterol, 1.0 gm saturated fat, 237.9 mg sodium, 1.0 gm dietary fiber.

Miso Marinade



1 cup	Soy sauce
1, 1/2 cup	Brown sugar, packed
1 cup	Dry vermouth
1 Tbsp.	Fresh ginger, grated
2	Cloves garlic, crushed

Mix all ingredients until well blended. Marinade is sufficient for 5 pounds of chicken, pork or fish.

Preparation Tips: Marinate chicken or pork in Miso Marinade up to 12 hours or brush on fish 2 to 4 hours prior to grilling.

To serve meat with sauce, 2 parts of marinade may be diluted with 1 part of water, stock or vermouth, cooked to a boil and strained.

Nutritional Analysis per 2 tablespoons: 66 calories, 2.0 gm protein, 11.5 gm carbohydrates, 0.8 gm fat, 0 mg cholesterol, 990 mg sodium, 0.8 gm dietary fiber.

Corn and Soy Muffins





Layered Tofu Salad & Warm Soy Sauce Dressing

- | | | |
|--------------------|----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Layered Tofu Salad | 2
3
3 qt.
9
3 lbs.
1, 1/2 lbs.
3 cups | Large heads iceberg lettuce, shredded
Medium red onions, thinly sliced
Bean sprouts
Medium tomatoes, cut into 1/2 inch cubes
Silken tofu, cut into 1/2 inch cubes
Canned red salmon or light tuna
Watercress (3 oz.), cut into 1-inch pieces (optional) |
|--------------------|----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Nutritional Analysis per 2 cup serving: 395.2 calories, 29.2 gm protein, 26.6 gm carbohydrates, 21.1 gm fat, 24.9 mg cholesterol, 1.0 gm saturated fat, 1787 mg sodium, 6.2 gm dietary fiber.



Layered Tofu Salad & Warm Soy Sauce Dressing

- | | | |
|-------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Warm Soy Sauce Dressing | 1 cup
1, 1/2 cup
1,1/2 cups
9
1, 1/2 tsp.
3/4 tsp. | Soy sauce
Soybean oil (vegetable oil)
Green onions, minced
Cloves garlic, mashed
Sugar
Bottled hot pepper sauce |
|-------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|

For buffets, layer salad ingredients in order of listing in a large shallow bowl or serving platter. Just before serving, heat ingredients for Warm Soy Sauce Dressing. Toss salad and serve.

For a sit-down meal, toss salad and serve about 2 cups per serving. Garnish with choice of cherry tomatoes, sliced red onions, sweet red or yellow peppers, sugar pea pods or sliced cucumbers. Makes 12 servings.





Soy Turkey Chili

3 cups	Boiling Water
2 cups	Texturized soy protein (TSP)
2 lbs.	Ground turkey breast
3 cups	Onions, chopped
3 cups	Green peppers, chopped
1 Tbsp.	Garlic, minced
1 Tbsp.	Soybean oil (vegetable oil)
10 oz.	Canned diced tomatoes, including liquid
1, 1/2 qt.	Canned tomato sauce
4 oz.	Canned green chilies, diced (1/2 cup)
1/3 cup	Chili powder
2 tsp.	Salt
1 Tbsp.	Jalapeno peppers, minced
3 qt.	Water

In a large bowl, pour boiling water over soy protein.

In a 14-quart pot, sauté turkey, onions, peppers and garlic in oil over medium high heat until turkey is no longer pink.

Add rehydrated soy protein and remaining ingredients. Bring to a boil; reduce heat and simmer uncovered for 45 minutes.

Serve with assorted condiments such as shredded lowfat Cheddar cheese, yogurt, sour cream or minced onion. Makes 24 servings.

Nutritional Analysis Per Serving: 97 calories, 16.0 gm protein, 7.5 gm carbohydrates, 1.3 mg fat, 27 mg cholesterol, 144 gm sodium, 3.1 gm dietary fiber.





Mediterranean Soup



1 cup	Chopped onion
2	Cloves garlic, minced
2 Tbsp.	Soybean oil (vegetable oil)
2 quarts	Vegetable or chicken broth
2 quarts	Water
3 cups	Textured soy protein (10 oz.)
2 cups	Brown rice, uncooked
2 tsp.	Oregano leaves, dried, crumbled
1 tsp.	Thyme leaves, dried, crumbled
1 tsp.	Salt
1 tsp.	Ground pepper
3 quarts	Diced tomatoes, canned
2 cups	Zucchini, diced (3/4 inch)
1 cup	Celery, sliced
1/2 cup	Parsley, chopped (optional)

Saute onion and garlic in oil until tender. Add broth, water, soy protein, brown rice and seasonings. Bring mixture to boil; reduce heat and simmer, covered, 30 minutes. Add tomatoes, zucchini and celery; return to boil, reduce heat and simmer 20 minutes or until rice is tender. Portion 12 ounces into large bowls, if desired. Sprinkle 1 teaspoon minced parsley over each serving. Makes 6 servings (12 oz. each).

Nutritional Analysis Per Serving: 182 calories, 11 gm protein, 31.8 gm carbohydrates, 2.2 gm fat, 2.0 mg cholesterol, 510 mg sodium, 3.6 gm dietary fiber.




Greek Salad with Tangy Lemon Tofu Dressing



Salad	3 cups	Cucumber (2 large) , peeled and chopped
	2 cups	Tomatoes (2 medium), seeded and chopped
	1, 1/2 cups	Iceberg lettuce, torn
	1, 1/2 cups	Romaine lettuce, torn
	1 cup	Red onion (1 medium), thinly sliced into rings
	1 cup	Edamame (Whole Green Soybeans), shelled and cooked
	1/3 cup	Black olives (1 - 3.4 oz can), pitted, sliced and drained
Dressing	1 pkg	Silken tofu (12.3 oz)
	2 Tbsp.	Soybean oil (vegetable oil)
	1 Tbsp.	Lemon juice
	1 tsp.	Garlic (1 clove), minced*
	1/2 tsp.	Oregano leaves, dried
	1/2 tsp.	Black pepper, ground
	1/4 tsp.	Salt
	1/2 cup	Feta cheese, crumbled

Combine all salad ingredients in large bowl. In a blender or food processor, purée all dressing ingredients except cheese until smooth, scraping occasionally. If dressing is too thick, use pulse.

Pour dressing over salad and mix until blended. Sprinkle with cheese. Makes 6 servings.

* May substitute 3/8 teaspoon garlic powder for the fresh garlic, if desired.

Nutritional Analysis per serving: 180 calories, 10 gm protein, 12 gm carbohydrates, 11 gm fat, 10 mg cholesterol, 430 mg sodium, 3 gm dietary fiber.



Oven-Roasted Tofu



16 oz.	Extra firm tofu, drained
3 Tbsp.	Balsamic vinegar
2 tsp.	Soybean oil (vegetable oil)
2 Tbsp.	Sugar
1	Clove garlic, minced
1/2 tsp.	Each oregano leaves, dried and crushed, and salt
1	Sweet red pepper, quartered
1	Medium onion, quartered
4	Medium mushrooms, quartered
	Chopped parsley for garnish

Cut tofu in half vertically then horizontally. Drain on several layers of paper towels to remove as much liquid as possible. If desired, score surfaces to allow more marinade to penetrate tofu.

Combine vinegar, oil, sugar, garlic, oregano and salt; mix well.

Place tofu and vegetables in a shallow baking pan leaving enough space between the pieces for even roasting; brush with vinegar mixture. Let stand 30 minutes, brush again and let stand 30 minutes longer.

Bake tofu, pepper and onion at 500°F 30 to 35 minutes. Turn once halfway through baking time. Add mushrooms during last half of roasting time. Transfer to platter and sprinkle with parsley. Makes 4 servings.

Nutritional Analysis per serving: 138 calories, 9.5 gm protein, 15.5 gm carbohydrates, 4.6 gm fat, 0 mg cholesterol, 0.5 gm saturated fat, 367 mg sodium, 1.3 gm dietary fiber, 8.4 gm protein from soy, 2.2 gm fat from soy.

Oven-Roasted Tofu





Dimsum Baskets



6
3 Tbsp.
1 tsp.
4 oz.
3 Tbsp.

1/3 cup
1, 1/2 tsp.
1/8 tsp.

Frozen yeast roll dough
Thinly sliced shallots
Soybean oil (vegetable oil)
Tofu, diced 1/4-inch
Water chestnuts, drained and diced
Chopped fresh spinach
Soy sauce
Crushed red chili peppers

Place frozen yeast rolls in well-oiled muffin tins. Thaw and let rise at room temperature about 4 hours. Stir-fry shallots in oil. Stir in tofu and water chestnuts; stir-fry until thoroughly heated. Add spinach, soy sauce and chili peppers; mix well. Press centers of bread dough with thumb, leaving a large indentation in the center. Spoon 2 tablespoons stir-fry mixture in center of dough. Bake at 350°F 15 to 20 minutes or until dough is baked. Makes 6 servings.



Nutritional Analysis per basket:
138 calories, 4.9 gm protein,
20.8 gm carbohydrates, 3.8 gm
fat, 12.3 mg cholesterol, 226 mg
sodium, 1.6 gm dietary fiber.



Samurai Salad

Ginger Dressing **3/4 cup**
Dressing 3/4 cup
 2 Tbsp.
 3/4 tsp

Salad **12 slices**
•
•
3 quarts
3/4 cup
12
1 Tbsp.

Soy Sauce
White Wine Vinegar
Grated ginger root
Bottled hot pepper seasoning

Firm tofu (1 lb. 14 oz.), drained
Soybean oil (vegetable oil), as needed
Garlic salt, to taste
Cut salad greens (1 lb. 8 oz.)
Diagonally sliced green onions
Small tomato slices
Toasted sesame seeds, optional

Ginger Dressing: Combine all ingredients; mix well. Makes 1-1/2 cups.

Dry tofu slices thoroughly between several layers of paper towels. Lightly brush tofu with oil and Ginger Dressing; sprinkle with garlic salt. Grill tofu on a well-oiled grill* until golden brown on both sides. Toss greens with remaining Ginger Dressing, portion onto individual serving plates. Place two tofu slices on each bed of lettuce; sprinkle with green onions and garnish with 2 tomato slices. Sprinkle with sesame seeds, if desired. Makes 6 servings.

* Tofu may be cooked in a lightly oiled non-stick skillet over medium heat until golden on both sides.

Nutritional Analysis per serving:
210.9 calories, 19 gm protein, 17.3
gm carbohydrates, 8.5 gm fat, 0 mg
cholesterol, 3251 mg sodium, 4.2 gm
dietary fiber.





Tofu Satay with Soybutter

Tofu Satay	14-16 oz. 1/4 cup 1 Tbsp. 1 Tbsp. 1 tsp. 1/4 tsp. 1	Firm tofu*, drained Low sodium soy sauce Packed brown sugar Each finely chopped green onion and cilantro Curry powder Crushed red chilies Red or green bell pepper, cut into 1-inch squares
Soybutter	1/2 cup 3 Tbsp. 2 Tbsp. 1 Tbsp. 1 1 tsp. 1/4 tsp.	Soynut butter Warm water Soy sauce Each lime juice and honey Clove garlic, minced Cilantro, chopped Crushed red chilies

Tofu Satay: Cut tofu into 1-inch cubes. Drain on several layers of paper towels to remove as much moisture as possible. Place in single layer in shallow pan.

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

Grill over medium heat or broil until browned on all sides; baste several times during cooking. Makes 4 servings.

Soybutter: Mix all ingredients with a fork; if thinner consistency is desired, add more warm water. May be served at room temperature or warm over low heat, stirring occasionally, or microwave at High 45 to 60 seconds. Use as dipping sauce for Tofu Satay. Makes 3/4 cup.

Serving suggestion: Serve with bottled hot chili sauce.



Lemon Miso Dressing

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

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

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

Lemon Miso Dressing

1/2 cup	Miso (fermented soybean paste)
1/3 cup	Water
2 tsp.	Grated fresh gingerroot
1/3 cup	Each sugar and lemon juice
2 Tbsp.	Soybean oil (vegetable oil)
1/2 tsp.	Grated lemon peel

Mix miso, water and ginger in blender; strain and reserve liquid. Blend reserved liquid and remaining ingredients until thoroughly mixed. Makes about 1-1/2 cups.

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

Nutritional Analysis per 2 Tablespoons dressing: 67 calories, 1.5 gm protein, 9.4 gm carbohydrates, 3.0 gm fat, 0 mg cholesterol, 418 mg sodium, 0.7 gm dietary fiber.





Soy and Spinach Artichoke Dip



- 1 lb. Silken tofu, crumbled**
 1 lb. Lowfat cream cheese, cubed
 1 cup Lowfat mayonnaise
 1/2 tsp. Ground pepper
 1 lb. Frozen chopped spinach, thawed, drained
 1 lb. 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°F 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!

Nutritional Analysis per serving:
 62 calories, 6.6 gm protein, 5.7 gm carbohydrates, 1.4 gm fat, 3.9 mg cholesterol, 254 mg sodium, 1.5 gm dietary fiber.



Warm Orange Soybean Oil Vinaigrette

- 2/3 cup Soybean oil (vegetable oil)**
 1/4 cup Cider vinegar
 2 Tbsp. Orange juice
 1 Tbsp. Finely chopped shallots
 3/4 tsp. Ginger root, grated
 3/4 tsp. Chopped fresh thyme
 1/4 tsp. Ground white pepper
 • Kosher salt, to taste

Combine all ingredients in small saucepan; mix well. Bring mixture to boil, remove from heat. Makes 1 cup.

Toss 1 pound 8 ounces fresh torn spinach leaves with warm dressing. Garnish with bacon bits, chopped hard-cooked egg, sliced fresh mushrooms, sliced almonds or mandarin orange sections. Makes 6 servings.

Nutritional Analysis per serving: 218 calories, less than 1 gm protein, 1 gm carbohydrate, 24.2 gm fat, 0 mg cholesterol, 26.1 mg sodium.





Linguini with Roasted Garlic Sauce

1 head Garlic*, skin attached
2 tsp. Soybean oil (vegetable oil)
 8 oz. Linguini, fresh or dry
2 Tbsp. Soybean oil (vegetable oil)
 3 Tbsp. Shallots, minced
 1/2 cup Dry white wine
 1/2 cup Chicken or vegetable broth
 2 cups Tomatoes (2 medium), seeded and diced
1 cup Edamame (Whole green soybeans), shelled and cooked
 1/2 cup Pine nuts, toasted
 1/4 cup Basil**, fresh, chopped
 1/4 cup Parmesan, grated



Preheat oven to 400°F. Cut pointed top off garlic head, leaving cloves intact, and place on square of aluminum foil. Drizzle 2 teaspoons oil over cloves. Seal foil around garlic and bake at 400°F for 30 to 40 minutes or until cloves are soft; cool. Squeeze paste from cloves, mash and set aside.

Prepare linguini as directed on package; drain and set aside. Heat 2 tablespoons oil in medium saucepan. Add shallots and garlic paste. Sauté until shallots are translucent, stirring occasionally.

Add wine and chicken broth, bring to boil and simmer until reduced in half. Add tomatoes and edamame. Cook 1 minute until warmed, stirring gently. Stir-in pine nuts and basil. Remove from heat; add salt and pepper to taste. Spoon over linguini and sprinkle with Parmesan.

Makes 4 servings.

* May substitute 1/4 teaspoon garlic powder for the head of garlic, if desired. Add garlic powder with the chicken broth.

** May substitute 1 tablespoon dried basil for fresh basil, if desired.

Nutritional Analysis per serving: 380 calories, 14 gm protein, 29 gm carbohydrate, 22 gm fat, less than 5 mg cholesterol, 250 mg sodium, 6 gm dietary fiber.



Lemon Tofu Cheesecake

Crumb Crust 1 cup Vanilla wafer crumbs
 2 Tbsp. Pecans, finely chopped
2 Tbsp. Soy margarine, melted

Filling **1 lb. Silken tofu**
 1 lb. Lowfat cream cheese
 3/4 cup Granulated sugar
 1/4 cup All-purpose flour
 1 Tbsp. Grated lemon peel
 1 Tbsp. Vanilla
 3 Eggs 3 (1/2 cup)
 3 Egg whites
 • Chopped pecans, optional
 • Frozen berries, thawed



Combine vanilla wafer crumbs, pecans and margarine; mix well. Press mixture into bottom of 9-inch springform pan. Bake at 375°F about 8 minutes or until golden brown. Cool on wire rack.

In mixer bowl, beat tofu until smooth. Add cream cheese, sugar, flour, lemon peel and vanilla; mix until completely blended.

Beat in eggs and whites, one at a time; mix well. Pour filling over crust.

Bake at 375°F 50 to 60 minutes or until filling is set and edges of top are lightly browned. Cool on wire rack and refrigerate overnight to cool completely. Remove ring and press chopped pecans into sides of cheesecake, if desired. Cut into 12 portions, dipping knife blade in hot water between each slice.

Serve 1 to 2 ounces berries over each portion. Makes 12 servings.

Nutritional Analysis per serving: 279 calories, 13.1 gm protein, 27.3 gm carbohydrates, 13 gm fat, 68 mg cholesterol, 272 mg sodium, 0.5 gm dietary fiber.



Blueberry Muffins

1 cup	Soy flour (or soy protein isolates)
3 cups	All-purpose flour
1 Tbsp., 2 tsp.	Baking powder
1/2 tsp.	Baking soda
1 tsp.	Salt
1 tsp.	Cream of tartar
2/3 cup	Granulated sugar
2/3 cup	Vegetable shortening
2 Tbsp., 2 tsp.	Powdered sugar
1, 1/2 cups	Blueberries, fresh or frozen (do not thaw)
8	Egg whites
2 cups	Orange juice

Preheat oven to 400°F. Spray muffin pans with non-stick aerosol cooking spray.

In a large bowl, combine flours, baking powder, baking soda, salt, cream of tartar, and sugar. Stir until well blended. With a pastry blender, cut in shortening until evenly distributed.

Rinse and drain fresh blueberries, pat to dry. Toss with powdered sugar and set aside. If using frozen blueberries, do not rinse. In a small bowl, beat egg whites and orange juice until blended. Add liquid to dry ingredients, stirring only until moistened.



Fold in blueberries.

Spoon batter, 1/4 to 1/3 cup per muffin, into prepared pans. Bake at 400° for 20 to 25 minutes. Turn out of pan immediately. Cool right side up on wire rack. Makes 36 muffins.

Nutritional Analysis per muffin: 107 calories, 2.8 gm protein, 14.6 gm carbohydrate, 4.1 gm fat, 0 gm cholesterol, 155.3 mg sodium.



Apple Cinnamon Pancakes

1 cup	Buttermilk pancake mix
3/4 cup*	Vanilla soymilk
1/2 tsp.	Cinnamon, ground
1/3 cup	Apples, peeled and diced**

Mix pancake mix, soymilk and cinnamon together until blended. Stir in apples. Cook as directed on pancake mix package. Makes 8 to 9, 4-inch pancakes.

* The amount of liquid may vary with pancake mix. Use the same amount of soymilk as the liquid amount stated in the package directions.

** May substitute 1/3 cup apple pie filling for the apples.

Nutritional Analysis per serving: 170 calories, 4 gm protein, 36 gm carbohydrates, 2.0 gm fat, 0 mg cholesterol, 830 mg sodium, 0 gm dietary fiber.





Strawberry Smoothie



Strawberry Smoothie



- 1/2 cup Frozen strawberries, thawed, including juice
- 2 Tbsp. Powdered soy protein isolate**
- 2 Tbsp. Water
- 1/2 cup Crushed ice

Thoroughly mix thawed strawberries, soy protein isolate and water in blender.

Add crushed ice and blend until smooth. Serve in a 12-ounce glass. Makes 1 serving.

Nutritional Analysis per serving: 62 calories, 9 gm protein, 7 gm carbohydrates, 0.4 gm fat, 0 mg cholesterol, 113 mg sodium 1.2 gm dietary fiber.



Black Bean Salad

- 1 can** **Black soybeans (16 oz.),
drained and rinsed**
- 1 cup Drained canned or cooked
corn kernels
- 1 cup Sliced celery
- 1/2 cup Each diced sweet red peppers
and green peppers
- 1/4 cup Each sliced green onions
and ripe olives
- 2 Tbsp. Seeded and diced pickled hot
yellow peppers
- 1/4 cup** **Each soybean oil (vegetable oil)
and white wine vinegar**
- 3/4 tsp. Salt
- 1/2 tsp. Chili powder
- Freshly ground pepper to taste

Combine drained soybeans, corn, celery, sweet peppers, green onions, olives and hot peppers in a large bowl; toss to mix. Combine remaining ingredients in a small bowl and whisk to blend all ingredients or in a cruet and shake until blended.

Pour dressing over soybean mixture and marinate at least 1 hour.
Makes 6 servings.

Nutritional Analysis per serving: 180 calories, 6.7 gm protein, 15.5 gm carbohydrates, 10.8 gm fat, 0 mg cholesterol, 983 mg sodium, 4.9 gm dietary fiber.

Black Bean Salad




 Tofu Jalapeno Poppers


 Tofu Jalapeno Poppers

8 oz.	Firm tofu
•	Salt
•	Pepper
24	Fresh jalapeno peppers, 2, 1/2 to 3-inch size
1.25 oz.	Taco seasoning mix, prepared
2 cups	Flour
4	Eggs, beaten
1/4 cup	Water
1, 1/2 cups	Dry bread crumbs
1/2 cup	Parmesan cheese, grated
•	Soybean oil (vegetable oil, as needed

Cut tofu into 2 x 1/2 x 1/2- inch strips. Place tofu on a thickness of several paper towels on a cutting board and position board on a slant to allow excess liquid to drip off. Sprinkle with salt and pepper.

Wash peppers. Use plastic gloves to avoid retaining the hot flavor on your fingers. Slit the pepper lengthwise up both sides, leaving the stem intact. Remove seeds.

Roll tofu strips in taco seasoning. Place into pepper; press pepper together. Roll pepper in flour.

Beat eggs and water together. Mix bread crumbs, cheese, 1 teaspoon salt and 1/4 teaspoon pepper together.

Holding the stem of each floured pepper, dip into egg mixture and then into crumb mixture to coat entire surface; repeat to get a nice coating. Place on waxed paper-lined pan and refrigerate until ready to use.

Deep-fry at 375°F 2 to 5 minutes or until browned. Drain and serve hot.

Nutritional Analysis per popper: 109 calories, 4.4 gm protein, 13 gm carbohydrates, 2.0 gm fat, 33 mg cholesterol, 111 mg sodium, 0.6 gm dietary fiber.



Soy Soft Tacos

1, 1/2 cups	Boiling water
2 cups	Texturized soy protein (TSP)
1 lb.	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 qt.	Shredded lettuce
3 cups	Fresh tomatoes, diced
3 cups	Lowfat cheddar cheese
1, 1/2 qt.	Salsa, prepared

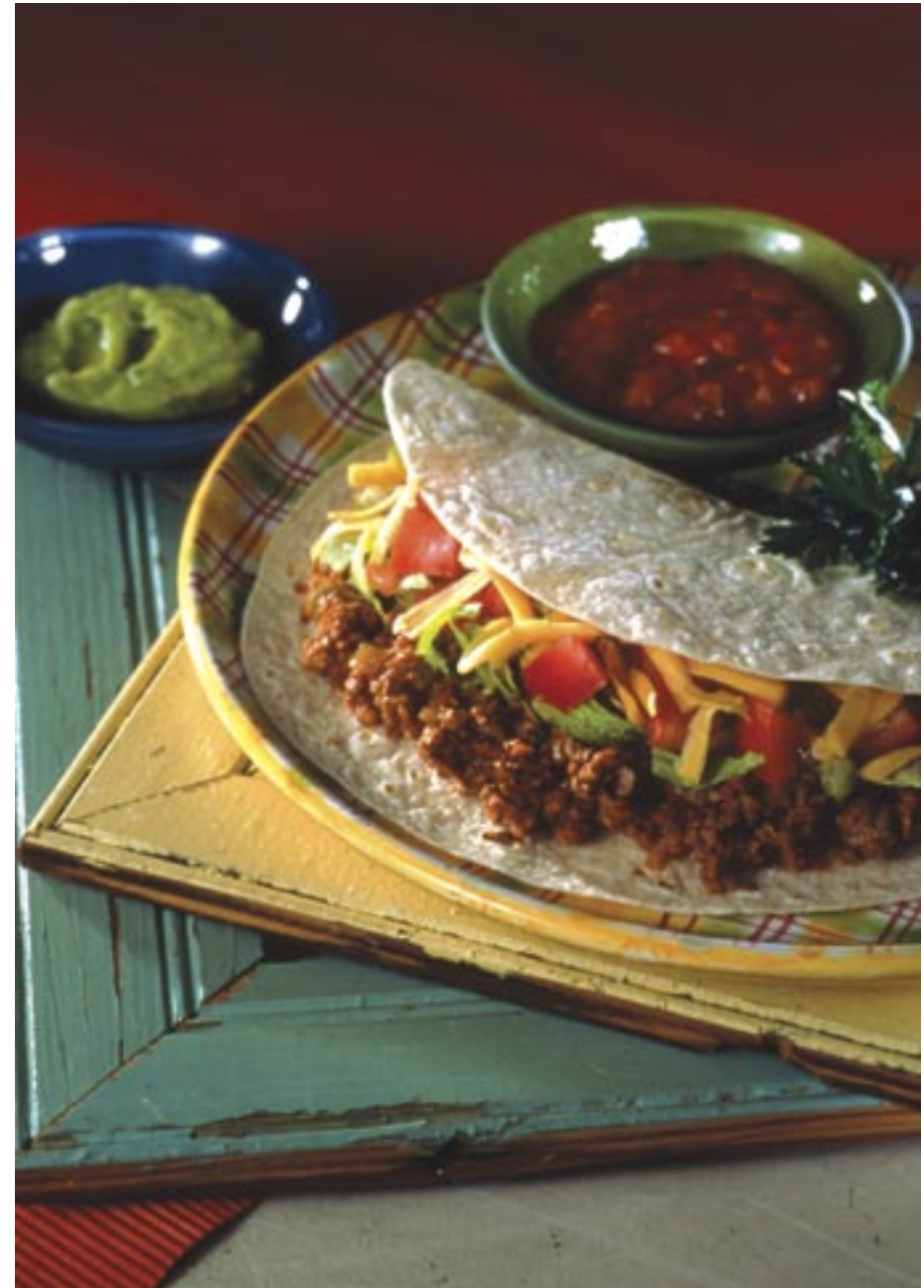
Pour boiling water over TSP.

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. Makes 24 tacos.

Nutritional Analysis per taco: 149 calories, 10.1 gm protein, 16 gm carbohydrates, 4.8 gm fat, 16.2 mg cholesterol, 560 mg sodium, 1.5 gm dietary fiber.

Soy Soft Tacos





APPETIZERS

Dimsum Baskets	24
<i>Soy Spinach and Artichoke Dip - LOW-CARB Recipe!**</i>	28
Tofu Jalapeno Poppers	39

SOUPS

<i>Soy Turkey Chili - LOW-CARB Recipe!**</i>	18
Mediterranean Soup	20

SALADS

Layered Tofu Salad	16
Greek Salad	21
<i>Samurai Salad - LOW-CARB Recipe!**</i>	25
<i>Black Bean Salad - - LOW-CARB Recipe!**</i>	36

DRESSINGS/MARINADE

Miso Marinade	14
Lemon Miso Dressing	27
Warm Orange Soybean Oil Vinaigrette	29

ENTREES

<i>Oven-Roasted Tofu - LOW-CARB Recipe!**</i>	22
Tofu Satay	26
Linguini with Roasted Garlic Sauce	30
Apple-Cinnamon Pancakes	33
Soy Soft Tacos	40

BAKED GOODS & DESSERTS

Corn & Soy Muffins	14
Lemon Tofu Cheesecake	31
Blueberry Muffins	32
<i>Strawberry Smoothie - LOW-CARB Recipe!**</i>	35

***These low-carb recipes contain less than 20 g of carbohydrates per serving.*



UNITED SOYBEAN BOARD

Making Your Checkoff Pay Off.



www.talksoy.com

4322-022004-1000