

REALLY FAST,

REALLY EASY,

REALLY GOOD

Plant-based recipes made  
with shelf-stable soyfoods



Linda Funk & Gail Bellamy

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Really Fast, Really Easy, Really Good:

Plant-based meals made with shelf-stable soyfoods

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Editors: Linda Funk and Gail Bellamy

Design by Jana Strobel, JS Creative



# Introduction

We believe the time for soyfoods has arrived. When 2020 rolled around with its COVID-19 stay-at-home restrictions and temporary shortages in grocery stores, many folks starting cooking from scratch. We are among them. That got us thinking about what was in our own pantries. Versatile soyfoods not only provide complete protein, many of them are shelf-stable and affordable ingredients. It makes sense to keep them on hand when you're balancing your budget, your time and your healthy lifestyle. Soyfoods make it simple to satisfy everyone, from omnivores to vegetarians.

With so many consumers upping the amount of plant protein they eat, soyfoods are a great choice. No dietary changes are required—simply add a little soy to what you're already eating.

And while foods like TVP/TSP and tofu may be new to many Americans, they're common ingredients in Asia and elsewhere around the world. After all, American cuisine continues to be enriched by global influences that include soy-based ingredients like miso and soy sauce, and plant-based complete proteins like edamame and soymilk.

The ideas in this recipe collection are meant as guidelines and suggestions. We encourage you to add seasonal produce and other favorite proteins of choice to the basic recipes. We urge you to tap into your own creativity and tweak your own favorite recipes by adding soy protein. For additional recipe ideas and updates about the health benefits of soy protein, browse The Soyfoods Council website: [www.thesoyfoodscouncil.com](http://www.thesoyfoodscouncil.com).

Finally, we give thanks where it is due. We are grateful to the farmers who help feed us all. The efforts of Iowa soybean growers support global animal agriculture as well as soyfoods industries around the world. We are grateful for the Iowa Soybean farmers and their enthusiasm and generosity in funding this cookbook project. In addition to soybean farmers, we thank the more than two dozen food professionals who have shared their recipes with us all.

We invite you to settle in and move over a little to make room for more seats at the world's table. Oh, and keep your forks, everybody: Dessert is coming.

—Linda Funk and Gail Bellamy

# About Us

**Linda Funk, Executive Director of The Soyfoods Council,** develops and executes marketing communication programs and high-impact public relations campaigns on the national and international level. On behalf of The Soyfoods Council and other clients, she travels the world as an invited speaker. She has worked alongside such luminaries as Julia Child, and the presidents and diplomats of several nations. Linda's work involves extensive travel in the U.S., Japan, Thailand, Singapore, Malaysia, China, Mexico, Africa and Canada. She has established a vast network of food and agriculture professionals, educators, and media contacts. Linda arranges radio and TV interviews and product demonstrations in venues ranging from state fairs in the U.S. to hotels in Asia and culinary schools worldwide. She has orchestrated high-profile broadcast segments on NBC Nightly News "Making a Difference," A&E "Food Quest" program, and NPR, in addition to print publications such as Cooking Light, Woman's Day and Washington Post.

Linda's industry involvement includes serving on the boards of The American Institute of Wine and Food, International Foodservice Editorial Council [IFEC], Culinary Institute of America, Stout University Foundation, and Wisconsin 4-H Foundation. HEIB (Home Economist in Business) recognized her as its Business Home Economist of the Year, and IFEC bestowed its highest honor, The Betty Bastion Award, on her. In 2019, The Iowa Restaurant Association named Linda Funk as one of its 40 Women to Watch.

**The Soyfoods Council** is a non-profit organization, created and funded by Iowa soybean farmers, providing a complete resource to increase awareness of soyfoods, educate and inform media, healthcare professionals, consumers and the retail and foodservice market about the many benefits of soyfoods. Iowa is the country's number one grower of soybeans. The Iowa soybean farmers generously funded this cookbook project.



**Gail Bellamy, Ph.D., CCP,** has 30 years' food and beverage writing experience on the editorial staff of Restaurant Hospitality magazine where she was executive food editor. She edited more than 15 magazine cookbook supplements, and has received numerous awards in local, statewide and national journalism competitions. Her freelance work has appeared in more than 100 publications. Gail hosted a food radio program, and is the author of eight books, including Design Spirits (PBC International) and Cleveland Food Memories (Gray & Company Publishers). She also co-authored The Vegetable Storybook that won a 2010 "Best in the U.S." Gourmand World Cookbook Award.

Gail is a past-president of the International Foodservice Editorial Council (IFEC) and served several terms on its board. She also has been a judge for the James Beard Foundation Journalism Awards for Food Writing. As an adjunct professor, she teaches food, culture, writing and communications courses. She has been a National Advisory Board Member for the Culinary Arts Institute/Mississippi University for Women and an Editorial Advisory Board member for Cleveland Clinic Press. Gail earned her Certified Culinary Professional credentials through International Association of Culinary Professionals.

**Jana Strobel, M.S.Ed., B.F.A.** of JS Creative has been a professional graphic designer and photographer for over 20 years. Her passion for art is exemplified in her creative solutions to her clients' needs. Jana earned a Bachelor of Fine Art degree with an Emphasis in Graphic Design from UW-Stevens Point and a Master's Degree in Art Education from Concordia University Wisconsin in Mequon. Jana is presently a freelance graphic designer and professional photographer at JS Creative and an art educator at Watertown High School in Wisconsin.

As an artist, Jana strives to be innovative, collaborative, and engaging. She is active in her professional community as well as in the local community. Jana Strobel is the acting Vice-President of the Watertown Arts Council and currently holds the state position of Editor on the Wisconsin Art Education Association Board. She says, "I am honored to have been part of this amazing innovative cookbook. I feel so blessed to have the opportunity to work with the talented duo, Linda Funk and Gail Bellamy."

# Soyfoods

## Go-To Ingredients for Your Pantry and Freezer



In uncertain times, it's good to have a pantry stocked with versatile ingredients. Weather-related disasters, pandemic-created shortages and temporary economic downturns have all taught us how the unexpected affects the way we cook and eat. In some cases, it spurs us on to experiment or do things we've always wanted the time to try. Soyfoods are your friend, with a wide variety of available and affordable ingredients when you need them.



### Soymilk

Soymilk is the dairy alternative of choice because it offers an average of 7 to 8 grams of protein per serving, about the same amount found in 2% reduced fat milk. Soy milk is cholesterol free, and available in vanilla, chocolate and eggnog flavors.



### Canned Soybeans

Talk about a great pantry item, canned soybeans come in tan and black, and are ready to eat. You can add them to your recipes for chili, soups, three bean salad, stews, casseroles or bean dips. Use black soybeans as you would black beans in recipes. A half-cup serving provides about 11 grams of protein, almost two times more than the typical canned blackbean.



### Dried Soybeans

Not as widely available as canned soybeans, dried whole soybeans can be found in some grocery stores and health food stores. Cook them as you would any other dried bean before creating recipes like baked beans or your favorite beans and rice dish.

# Soyfoods

## Frozen Edamame

Go green with edamame. Talk about a minimally processed plant protein, edamame—fresh green soybeans frozen in the pod or already shelled—add protein and a fresh burst of flavor and color to your recipes. Add edamame to salads, create side dishes with it, take along portable edamame in the pod for a convenient snack, and incorporate shelled edamame into dips like guacamole and hummus. One cup of frozen prepared edamame provides 18 grams of protein.



## Soy Flour

Made from defatted and lightly toasted soy flakes, soy flour contains an average of 50 percent protein (compared to the 15 percent protein in high protein wheat flour). When baking with soy flour, you can replace up to 30 percent of the wheat flour in a recipe with soy flour. Take advantage of soy flour to add plant protein to your standard recipes for muffins, quick breads, cookies or brownies. It is available online.



## Soynuts

Roasted soynuts (dry roasted soybeans) offer about 15g protein per ¼ cup serving. Eat them as snacks, combine them with dried fruits to make your own snack mixes, bake them into cookies, and or dip them in chocolate.



## Soybean Oil

When you're adding healthy fat to your diet, soybean oil is a good choice because it has a low saturated fat content and a high polyunsaturated fat content. Soybean oil offers the advantages of having a neutral flavor, and a high smoke point, which means that it is an all-purpose ingredient for everything from salad dressings to sautéing and frying.

To find soybean oil on grocery shelves, simply read the labels on vegetable oil bottles. Soybean oil is nearly always marketed and labeled as vegetable oil. With all its culinary advantages, you'll be surprised to find it is an inexpensive oil. And remember—replacing saturated fat with monounsaturated fat and polyunsaturated fat can make a positive contribution to your diet. Soybean oil is rich in polyunsaturated fat, contains a moderate amount of monounsaturated fat and is very low in saturated fat.

## Soynut Butter

Soybeans, like peanuts, are legumes so it is not surprising that soynut butter is made much the same way as peanut butter. It is an especially good choice for those who have to avoid peanut butter. Ground, roasted soybeans and soybean oil are the essential ingredients. Many commercially available brands contain sugar and salt as well. You can also find recipes for making your own. Depending on the brand, 2 tablespoons of soynut butter offer about 7 grams of protein.



# Soyfoods

## Soy Protein Powder

Soy protein powder, a complete protein made from defatted soybean flakes, bumps up the protein content of pancakes, shakes, granola, breads and other baked goods. Its neutral flavor is an added bonus in these applications. Brands such as Bob's Red Mill (17 grams protein per ¼ cup) are widely available at many grocery stores.



## Tofu

Tofu is the all-purpose soyfood, used as the versatile plant protein version of dairy in recipes. Thanks to its neutral flavor, tofu easily takes on the flavor of sauces, marinades and seasonings. Tofu has a cheese-like or custard-like consistency, with less than 5 grams of fat per serving, no cholesterol and practically no sodium. Tofu is made of pressed soymilk curds with nigari (seawater minerals) that thicken soy curds to create tofu's custardy texture. Depending on the type of tofu you use, it can replace sour cream, milk, ricotta or heavy cream in everything from pasta recipes to pies, mashed potatoes, smoothies, dressings and dips. Between the two basic types of tofu—water-packed and silken—you've got it covered. Extra-firm water packed tofu—good for stir fry dishes,—supplies about 8 grams of protein per 3-ounce serving.



## Silken Tofu

Silken tofu is sold in aseptic boxes that do not require refrigeration until they are opened. The shelf life is often one year. Choose silken tofu for smoothies, desserts, salad dressings and dips. It is available in soft, firm and extra firm types, as well as a lite version. Silken tofu provides 8.5 grams of protein per 3-ounce serving. Soft silken tofu has a consistency similar to dairy sour cream and its shape breaks apart when it is removed from the package. Try it in smoothies, or use it to create rich ranch dressing. Firm silken tofu is rather wiggly with a custardy texture like crème brûlée. It makes rich soups and robust mashed potatoes. Extra firm silken tofu is your go-to variety when you're making lasagna or creating memorable desserts. Its texture can be compared to JELL-O cubes.

## Textured Vegetable Protein

TVP granules—also called Textured Soy Protein (TSP)—are a fiber-rich, zero-fat food. This dried soy protein has a naturally mild flavor that allows it to take on the flavor of ingredients it is mixed with, such as ground beef or turkey. TVP/TSP typically from 11 to 13g of soy protein per ¼ cup serving. TVP/TSP granules are inexpensive, shelf-stable and widely available. Sprinkle TVP/TSP into pasta sauces in place of sausage (use a sausage seasoning spice mix if you wish), make chili or tacos with it, mix it half-and-half with your morning oatmeal, or add it to baked fruit as a crumb topping. Throughout the recipes we will refer to TVP.

# Soyfoods

## Miso

When you want to add a little umami (savory taste) to your food, you can choose from three types of miso paste—white, yellow and red. You'll find this traditional

Japanese ingredient in the refrigerated section at many supermarkets. Miso is soybean paste fermented with rice, barley or other grains. It adds personality—and approximately 2 grams of protein per tablespoon—to your recipes.

Nutrition benefits of miso include probiotics (naturally occurring live beneficial bacteria found in fermented foods such as yogurt, tempeh, sauerkraut and kimchi that are good for the digestive system).

Each miso type has its own flavor profile and uses.

## White Miso

Mild-flavored white miso can be added to salad dressings, soups and chowders.

## Yellow Miso

With a nuttier and slightly more robust flavor than white miso, this is the miso you'll want to use in marinades or stir into the soybean oil you're tossing vegetables with before roasting them in the oven.

## Red Miso

Red miso complements roasted meats and gravies. Use it instead of salt to add an extra flavor punch to grilled steaks or pan-fried chops.



## The Way to Go With Miso

- Stir white miso into butter for popcorn
- Add white miso to the filling for stuffed mushrooms
- Flavor chowders with white miso
- Incorporate white miso into ranch dip to dress up raw vegetable appetizers
- Mix a little white miso into your Bloody Mary cocktails
- Discover the nutty difference when you add 2 to 3 tablespoons of white miso to chocolate cake batter or brownie batter. Miso brings out the flavors.

# APPETIZERS & SNACKS

## Starters and All-Day Snacks Starring Soy

Who can resist appetizers and snacks that offer a burst of protein? These easy-to-prepare recipes are just the kind of thing you'll want to nibble on, dip into, or sip all day long. Even better, they're ideal choices for serving to guests who drop by. While they're a little out-of-the-ordinary, they are also comfortingly familiar because they incorporate new ingredients into traditional-style fun appetizers.

*It's easier to create protein-rich appetizers when you keep tofu, soynuts and frozen edamame on hand.*

## TIPS FOR ZIPPY DIPS

Edamame, canned soybeans and tofu are all dip-worthy ingredients for your freezer and pantry. You can add frozen edamame to guacamole or hummus recipes. Combine packaged dip or dressing mixes with silken tofu to make vegetable dips. For seasonal fruit dips, try tofu-pumpkin dip made with canned pumpkin pie filling. Silken tofu also adds a creamy note to bean dips.



# Chicken and Cheese Quesadillas with Edamame Salad Topping



Transform ordinary quesadillas into party food or an extraordinary meal when you pair them with this salsa-style topping. And by all means, make a double batch of the topping to have on hand. You can stir the salsa into salads, top grilled salmon with it or enjoy it as is for a side dish.

SERVES  
6

## INGREDIENTS

### Edamame salad

- 2 cups frozen shelled edamame, cooked
- 1 pint cherry tomatoes, quartered
- ¼ cup finely chopped red onion
- 1 tablespoon fresh lime juice
- 2 tablespoons chopped fresh cilantro, optional
- ½ teaspoon salt

### Quesadillas

- 2 tablespoons soybean oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 (8¾-ounce) can corn kernels, drained
- 2 cups shredded cooked chicken, such as rotisserie chicken
- 1 ½ cups shredded Mexican four cheese blend
- ¼ teaspoon salt
- 6 (7-8 inch) flour tortillas

## DIRECTIONS

### Edamame salad

- 1 Add cooked edamame to a bowl and stir in the tomatoes, onion, lime juice, cilantro and salt; mix well and refrigerate until ready to serve.

### Quesadillas

- 1 Heat the oil in a large nonstick skillet over medium-high heat.
- 2 Add the onion and garlic; cook, stirring occasionally, until starting to soften, 2 to 3 minutes.
- 3 Add the corn and cook 2 minutes longer. Transfer to a bowl and stir in the chicken, cheese, and salt; mix well.

### Assemble

- 1 Put one tortilla on a work surface and spread the lower half of it with ½ cup of the chicken mixture.
- 2 Fold the top half of the tortilla over the filling to form a semi-circle. Repeat with the remaining tortillas and chicken mixture.
- 3 Wipe out the skillet with a paper towel and return to the stove over medium heat.
- 4 Add the quesadillas 2 at a time and cook 3 to 4 minutes per side or until lightly golden and hot. Divide among 6 plates and top each with ½ cup of the edamame salad.

# Western Tofu Black Bean Cheese Dip



This robust dip is a plant protein spin on traditional taco dip. And just so you know, Western Tofu Black Bean Cheese Dip isn't messing with history, it's creating a new tradition.

SERVES  
**6**

## INGREDIENTS

8 ounces soy cream cheese, softened  
 ½ cup Mori-Nu Silken Tofu, Firm  
 ½ cup plain soymilk  
 1 egg  
 1 tablespoon taco seasoning mix  
 1 cup shredded, cheddar flavored soy cheese  
 ¼ cup salsa  
 ¼ cup black soybeans, mashed

As needed for serving:

soy sour cream  
 favorite chips and vegetables

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 In a mixing bowl or food processor, combine the soy cream cheese, tofu, soymilk, egg, and seasoning mix until well-blended. Stir in shredded soy cheese, salsa and mashed black soybeans.
- 3 Pour the mixture into a 6-inch spring form pan or a 1-quart casserole.
- 4 Bake for 30 to 35 minutes, or until dip is browned around the edges and a knife inserted near center comes out clean.
- 5 Cool. Refrigerate dip until serving time. Garnish as desired with soy sour cream, salsa, and black beans. Serve with crackers and vegetables.

# Tofu Firecrackers



Taste meets texture in this tofu appetizer creation from Chef Christopher Koetke of Complete Culinary in Chicago. As Chef Koetke says, “This delicious bar food combines the crunch of tempura, the soft custard-like texture of tofu, and the bite of Louisiana Hot Sauce. All it needs is some cold beer!”

SERVES  
**6**

## INGREDIENTS

- 2 (12.3-ounce) packages Mori-Nu Silken Tofu, Extra Firm, drained
- 1 bottle Louisiana Hot Sauce
- 2 eggs
- 2 cups cold sparkling water
- 2 cups all-purpose flour
- Soybean Oil as needed for deep-frying

## DIRECTIONS

- 1 Cut tofu into dice-sized cubes.
- 2 Place tofu and hot sauce in a bowl. Cover and place in the refrigerator for 4 to 24 hours. Stir periodically.
- 3 To make tempura, mix eggs and water in a large bowl. Add flour and mix just until incorporated. If the tempura is too thin, add more flour. If it is too thick, add more water.
- 4 Remove tofu from the hot sauce. Coat tofu with tempura and deep fry in 350°F soybean oil until lightly browned and crispy. Remove firecrackers from oil and drain on paper towels. Serve with a fresh vegetable garnish.

# Sun-Dried Tomato Tofu Dip



Tofu and sun-dried tomatoes are highly compatible ingredients, and this recipe proves the point. You can serve the dip solo, with crispy vegetables or crackers for dipping, or you can pair it with another dip of contrasting colors and flavors, such as Edamame Hummus, to create a festive appetizer presentation.

YIELDS  
**2**  
CUPS

## INGREDIENTS

8 ounces Mori-Nu Silken Tofu, Soft  
1 package (8-ounce) cream cheese, softened  
1 package (1-ounce) ranch seasoning dressing mix  
 $\frac{1}{3}$  cup chopped, drained, marinated sun-dried tomatoes  
1 teaspoon dried minced onion  
 $\frac{1}{4}$  teaspoon garlic powder  
as needed, vegetables or crackers for dipping

## DIRECTIONS

- 1 Blend or process the tofu until smooth.
- 2 In a medium bowl combine blended tofu, softened cream cheese, and seasoning mix until smooth.
- 3 Stir in chopped tomatoes, dried onion, and garlic powder.
- 4 Cover and chill 1 hour.
- 5 Serve with bell pepper strips, celery or carrot sticks, raw broccoli, cauliflower florets, or crackers.

# Open-Faced Tofu Sandwiches with Miso Mayonnaise



This open-faced sandwich has no boundaries—add whatever type of firm-bodied cheese and thinly sliced vegetables you prefer. Depending on your choices, the sandwich takes on Asian, Mediterranean or Latin notes. Then, discover how the Miso Mayonnaise pulls it all together with a touch of umami. Enjoy the resulting combo as an appetizer or a meal. It's up to you.

SERVES  
**3**  
AS AN  
APPETIZER

-OR-

**1**  
AS A MEAL

## INGREDIENTS

3 slices Mori-Nu Silken Tofu, Extra Firm (¼ inch-wide slices x 4 inches), cut in half  
3 artisan bread slices, (½ inch wide slices x 2 ½ inches), toasted  
as needed, cheese of choice  
as needed, tomato, sliced canned artichoke hearts or sliced raw vegetables  
optional garnish, chopped basil or chives

## Miso Mayonnaise

1 tablespoon mayonnaise  
1 teaspoon yellow miso

## DIRECTIONS

### Miso Mayonnaise

- 1 In a small bowl add mayonnaise and miso; stir until combined.

### Sandwich

- 1 Slice your favorite firm-bodied cheese —such as cheddar, fontina, or muenster—into triangles or desired shapes.
- 2 When ready to assemble, spread Miso Mayonnaise on the bread slices. Place bread on a serving dish. Add sliced tomatoes, sliced canned artichokes or sliced vegetables of choice. Add cheese. Garnish with basil or chives.

Notes: Extra firm silken tofu is easy to cut and retains its shape.

If you want to make sandwiches for a meal, you can start with a whole slice of bread and a whole slice of tofu. Add vegetables and cheese.

Miso Mayonnaise is great to use as a vegetable dip, or as a sandwich spread for other types of sandwiches, too. Use Miso Mayonnaise wherever you would use mayonnaise.

# Crab Cakes with TVP



You don't have to tell anybody, but this is actually a stealthy vegetable recipe—onion, bell peppers and celery-- traveling in the company of high-quality proteins, including soy, crab meat and egg. Many crab cake-lovers object to a lot of filling, so TVP is the solution.

SERVES  
5

2 Crab cakes  
per serving

## INGREDIENTS

### Crab Cakes

- 2 (6-ounce) cans crab meat
- ¼ cup TVP
- ⅓ cup seasoned breadcrumbs, or more if needed
- 1 egg or equivalent egg substitute
- 1 tablespoon prepared horseradish sauce
- ½ teaspoon lemon juice
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon Mori-Nu Silken Tofu, Extra Firm\*
- ½ cup bell pepper, chopped in food processor
- ½ cup onion, chopped in food processor
- 1 stalk of celery, chopped in food processor
- 1 teaspoon Dijon mustard
- 1 teaspoon, Old Bay Seasoning
- To taste, salt and pepper

### Sauce

- 2 tablespoon Mori-Nu Silken Tofu, Soft
- 1 tablespoon mayonnaise
- 1 tablespoon prepared horseradish sauce
- ½ teaspoon Old Bay Seasoning

## DIRECTIONS

- 1 To a bowl, add crabmeat, egg, vegetables, mustard, mayonnaise, horseradish sauce, seasonings, and TVP. Gradually add breadcrumbs until the mixture still feels moist but not drippy or wet. Start with about ⅓ cup breadcrumbs and keep adding until the texture will allow you to make golfball size crab balls that hold their shape. Chill the mixture before forming into cakes.
- 2 Saute crab cakes in a nonstick pan with a small amount of soybean oil (recommended) or spray an air fryer with nonstick spray; cook 5 or 6 crab cakes at a time (do not crowd the fryer—you need room to turn them over). Cook for about 4 minutes at 400°F, then flip over the crab cakes; cook for another 2 to 3 minutes.

# Honeyed Soynuts



Nobody says that protein snacks can't be sweet, and this recipe takes the idea to the next level with turbinado sugar, honey and butter. The recipe comes from foodie agronomist, soybean grower, Sheila Hebenstreit. Keep Honeyed Soynuts on hand to make grab-and-go snack mixes or serve them solo with cider or beer.

YIELDS  
**2**  
CUPS

## INGREDIENTS

- ¼ cup honey
- 2 tablespoons butter
- 2 cups soynuts (homemade or store-bought)
- 1 cup turbinado sugar

## DIRECTIONS

- 1 In a saucepan, combine honey and butter and bring the mixture to a boil. Add soynuts.
- 2 Reduce heat to low and cook for 2 minutes.
- 3 Spread mixture on a baking sheet; cool.
- 4 Break the cooled soynuts into chunks; toss with turbinado sugar to coat each chunk. Let dry completely before placing them in an airtight container.

Note: Honey makes these sweet nut clusters a bit sticky, so it is best to store them in the refrigerator.

Serving suggestion: Incorporate Honeyed Soynuts into trail mix, or make your own mix with dried cranberries, raisins, chocolate-covered soynuts and mixed nuts. Honeyed soynuts also complement salty flavors; try them in salads with feta or bleu cheese.

## Crispy Edamame



Sometimes an appetizer comes along that makes you wonder where it's been all your life. Crispy Edamame is a perfect example. All you really need is edamame from the freezer plus flour and seltzer water from the pantry. Deep-fat fry it or make it in an air fryer. Serve it with a simple garnish, soy sauce, or teriyaki mayonnaise (made by mixing a teaspoon of teriyaki sauce into 2 tablespoons of mayonnaise).

SERVES  
**8-10**

## INGREDIENTS

Soybean oil for frying  
1 cup flour  
1 cup seltzer water, cold  
2 cups frozen shelled edamame  
As needed for garnish, black sesame seeds and salt

## DIRECTIONS

- 1 In a deep fat fryer or large saucepan, add enough oil to deep-fat fry the edamame. Heat oil to 350° F.
- 2 In a medium mixing bowl, add flour. Whisk cold seltzer water into flour until combined. Add edamame, mix to coat edamame, remove edamame from the mixture.
- 3 Drop edamame into oil and fry until golden brown and crispy; about 4 minutes. Garnish with black sesame seeds and salt. Serve immediately.

# Tofu and Shrimp Ceviche



Here's a new take on ceviche, the Latin American-inspired appetizer in which seafood is marinated in lime juice. The appetizer is enhanced by the addition of silken tofu that takes on the flavors of the other ingredients while adding soy protein to the mix.

SERVES  
**6**

## INGREDIENTS

1 pound cooked small shrimp (or large shrimp, chopped)  
8 ounces Mori-Nu Silken Tofu, Extra Firm  
¾ cup diced fresh pineapple  
2/3 cup lime juice  
½ cup finely chopped cilantro leaves, optional  
¼ cup chopped red onion  
1 green onion, finely chopped  
1 jalapeno, finely chopped  
1 teaspoon salt  
to taste, hot sauce  
Tortilla chips for garnish

## DIRECTIONS

- 1 In a large bowl, gently mix all ingredients together with a rubber spatula.
- 2 Cover and refrigerate 30 minutes to 1 hour. Serve in decorative glasses and garnish with tortilla chips.

# Fried Chicken Egg Rolls with Edamame Mango Relish



You're probably thinking that making egg rolls isn't simple. Time to reconsider: Start with strips of chicken breast, a bag of shredded cabbage and a package of egg roll wrappers. The versatile edamame mango relish is an ideal accompaniment for egg rolls, but you'll no doubt find other foods it enhances, too.

SERVES  
8

## INGREDIENTS

### Egg Roll

- 1 pound chicken breast, cut into strips
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1 quart soybean oil for frying
- 2 tablespoons all-purpose flour
- 2 tablespoons water
- 2 cups shredded cabbage
- 8 (7-inch square) egg roll wrappers

### Edamame Mango Relish

- $\frac{3}{4}$  cup orange juice
- 2 teaspoons red wine vinegar
- 2 teaspoons sugar
- 1 cup shelled edamame, cooked according to package directions
- 1 cup mango, peeled, seeded, small dice
- $\frac{1}{2}$  cup green onion, finely diced
- $\frac{1}{4}$  cup red bell pepper, finely diced
- 1 teaspoon soybean oil
- to taste, salt and pepper

## DIRECTIONS

- 1 For fried chicken egg rolls: Season chicken with ginger and garlic powder and mix thoroughly. Heat mixture in a medium skillet, stirring, until chicken is cooked through. Set aside.
- 2 In another large skillet heat oil to about 375° F on medium high heat. While oil is heating, combine flour and water in a bowl until they form a paste. In a separate bowl combine the cabbage and the reserved chicken mixture. Mix all together.
- 3 Lay out one egg roll skin with a corner pointed toward you. Place about  $\frac{1}{4}$  to  $\frac{1}{3}$  cup of the cabbage and chicken mixture on an egg roll paper and fold corner up over the mixture. Fold left and right corners toward the center and continue to roll. Brush a bit of the flour paste on the final corner to help seal the egg roll.
- 4 In a skillet set over moderately high heat, heat the remaining oil and sauté the egg rolls until golden brown on all sides, using tongs to turn them. Serve when cool enough to eat with edamame mango relish.
- 5 For edamame mango relish: In a small sauce pan, add orange juice, red wine vinegar, and sugar. Bring to a boil, turn down to a simmer. Simmer until mixture is reduced by half. Cool.
- 6 In a large bowl, add remaining ingredients and mix well. Season with salt and pepper. Add orange juice reduction; mix. Refrigerate for 2 to 3 hours to allow flavors to develop. Use as an accompaniment for eggroll.

# Edamame Hummus



This versatile dip makes an attractive addition to appetizer presentations, whether you're serving it with crackers, fresh vegetables or warm pita bread.

SERVES  
**6**

YIELDS  
**1 1/2**  
CUPS

## INGREDIENTS

- 1 (10-ounce) package frozen shelled edamame, cooked
- 2 cloves garlic, minced
- 1 cup canned butter beans, rinsed and drained
- 2 tablespoons soybean oil
- 2 teaspoons lemon juice
- salt and pepper to taste

## DIRECTIONS

- 1 Combine all ingredients in a food processor, pulse until mixture is smooth.
- 2 Serve Edamame Hummus as a dip for fresh vegetables, or with crackers.

# Soynut Butter Pita



A jar or two of soynut butter is a must-have pantry item. It makes great sandwiches for lunch or after-school snacks, but that's not all. You can also add it to cookie recipes or use it alone as a dip for apple slices or dried apricots. This pita pocket snack has the added crunch of crisp apple slices.

SERVES  
**1**

## INGREDIENTS

- ½ whole wheat pita pocket
- 1 tablespoon soynut butter
- 1 tablespoon apple butter
- 1 apple, cored and cut into 6 slices

## DIRECTIONS

- 1 Spread soynut butter and apple butter on pita half. Arrange apple inside the pita, or as a topping.

# Chilled Strawberry Soup



This easy soup is served cold and is equally appropriate as an appetizer served in shot glasses or snifters, or as a light dessert served with a cookies or a chocolate raspberry truffle on the side.

SERVES  
**3-6**

YIELDS  
**3 1/2**  
CUPS

## INGREDIENTS

- 1 pint fresh strawberries, stems removed, washed, hulled, cut in half
- 3 tablespoons sugar
- 1 teaspoon strawberry flavor extract
- 1 1/2 cups sparkling white grape juice (may substitute apple juice)
- 1 1/2 cups Mori-Nu Silken Tofu, Soft
- 3 tablespoons honey
- 1/2 teaspoon lemon juice
- optional garnish: mint leaf or a dollop of whipped topping

## DIRECTIONS

- 1 To a blender or food processor, add all ingredients except optional garnishes. Blend until soup is smooth.
- 2 Chill the strawberry soup for at least an hour before serving.

# Party Time Roasted Black Soybeans



Sylvia Klinger, DBA, MS, RD, LDN, CPT uses her nutrition expertise to create a great appetizer out of three ingredients. She seasons and oven-roasts canned black soybeans. Think of it as making your own soynuts. Black soybeans are a plant protein pick-me-up to keep on hand, but they're also a fun snack idea for parties and casual get-togethers.

SERVES  
**8-10**

## INGREDIENTS

- 1 (15-ounce) can black soybeans, rinsed and drained
- 1 tablespoon soybean oil
- 1 tablespoon pepper/garlic salt seasoning

## DIRECTIONS

- 1 In medium bowl add all ingredients, mix well.
- 2 Place seasoned black soybeans on a sheet pan.
- 3 Bake at 350° F for 45 minutes.

# SOUPS & SIDES

## Soy Steps Up Soups and Side Dishes

The beauty of soups—and most side dishes—is that you can always turn them into a meal if you feel like it. When you incorporate plant protein from soyfoods, you're adding versatility. Soups made with shelf stable ingredients are budget-friendly. Casseroles are ideal side dishes for family meals or small gatherings. Make them ahead of time when you anticipate having busy days.

*With soyfoods in your pantry, you've got the makings for seasonal soups and sides.*



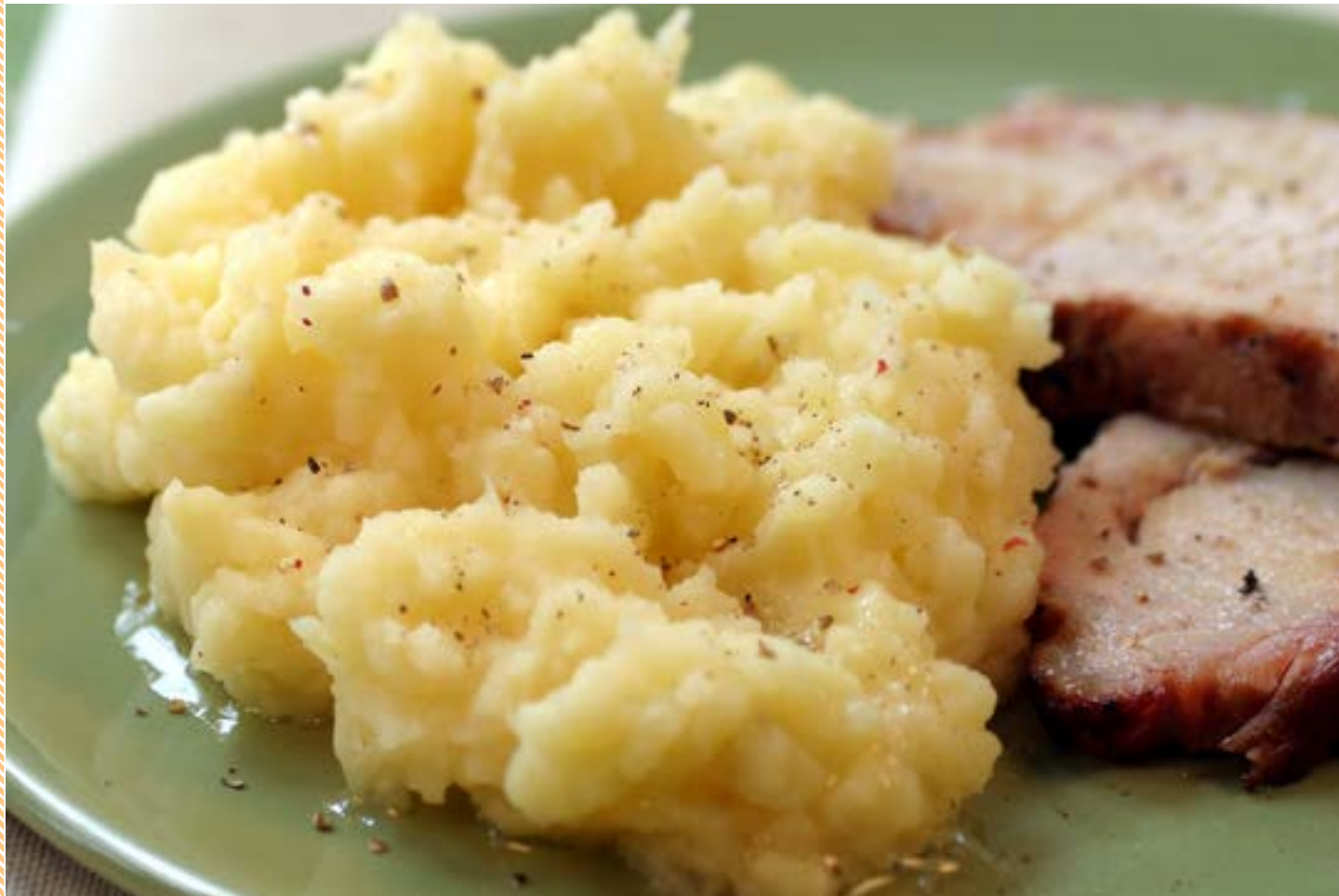
## Why Soybean Oil?

Soybean oil (also labeled as vegetable oil—you have to read the label to be sure) has earned its place in your pantry for everyday use.

Not only is soybean oil an economical, versatile choice because of its neutral flavor and high smoke point, it also has an added advantage. In 2017, the U.S. Food and Drug Administration formally recognized the cholesterol-lowering properties of soybean oil when it approved a qualified health claim for soybean oil and the reduced risk of heart disease. Eating 1½ tablespoons of soybean oil daily may reduce the risk of coronary heart disease when it replaces saturated fat and does not increase calories.



# Garlic Mashed Potatoes



Adding soymilk to mashed potatoes imparts a nutty flavor. Best of all, you don't have to change the way you make mashed potatoes to incorporate plant protein.

SERVES  
**6**

## INGREDIENTS

2½ pounds Yukon Gold Potatoes  
4 cloves garlic, sliced  
⅔ cup plain unsweetened soymilk  
2 tablespoons butter  
½ teaspoon salt  
¼ teaspoon ground black pepper

## DIRECTIONS

- 1 Place potatoes and garlic in a saucepan; cover with water.
- 2 Bring to a boil over medium heat, reduce heat and simmer 30 minutes or until potatoes are tender. Drain.
- 3 Add soymilk, butter, salt and pepper. Beat with an electric mixer until smooth.

# Chipotle Corn Casserole with Tofu and Soymilk



Not only does this side dish casserole call for pantry ingredients, it's worthy of serving at a holiday meal or brunch buffet as well as a weeknight dinner with an edamame salad after a busy day. Silken tofu contributes to the luxurious texture.

SERVES  
**12**

## INGREDIENTS

- 1 cup Mori-Nu Silken Tofu, Soft
- 1 tablespoon + 1 teaspoon canned chipotle peppers, diced
- 1 (15-ounce) can corn, cream-style
- 1 (16-ounce) bag frozen sweet corn, thawed
- ½ cup unsweetened soymilk
- ¼ cup butter, melted
- ½ cup egg substitute
- 2 tablespoons granulated sugar
- 2 cups shredded cheddar cheese, divided
- 1 (8.5-ounce) box corn muffin mix
- for garnish, scallions

## DIRECTIONS

- 1 Preheat the oven to 350° F and grease a 9x13 inch pan.
- 2 In a medium sized mixing bowl add tofu, whisk until smooth.
- 3 Stir in all other ingredients except corn muffin mix and 1 cup of the shredded cheddar cheese. Stir until well mixed.
- 4 Add the corn muffin mix, stir until combined. Pour into 9x13 pan.
- 5 Sprinkle with remaining 1 cup of shredded cheese.
- 6 Bake for 50 minutes or until a knife, inserted in the middle of the casserole, comes out clean. Garnish with scallions if desire. Serve immediately.

# Calico Beans



Talk about a protein side dish, Calico Beans are a creative update on classic baked beans. Black soybeans and green edamame add color contrast. The convenience of slow cooking fits in with your busy schedule, too.

YIELDS  
**8**

## INGREDIENTS

- 1 (16-ounce) can baked beans
- 2 (15-ounce) can black soybeans, rinsed and drained
- 1 (12-ounce) package frozen shelled edamame
- 1 cup maple syrup or barbecue sauce
- ¼ cup cooked pork or turkey bacon, broken into small pieces

## DIRECTIONS

- 1 Combine baked beans, black soybeans, edamame, syrup or barbecue sauce and turkey bacon pieces in 4- to 5 ½ -quart slow cooker.
- 2 Cover and cook on LOW for 6 to 8 hours (HIGH 3 to 4 hours). If necessary, stir in ½ cup water to desired consistency.

If baking the beans in an oven, combine ingredients and put them into oven safe pan. Bake at 250° F.

Stir every 20 minutes and continue to cook until heated through and ingredients are blended well.

# Improvisational Rice



It's amazing what you can create with shelf-stable ingredients like silken tofu and 90-second rice packets. Whether you're making a side dish or an entrée, you've got a great start with this combo. You can build on the following suggestions. The dishes you make might be different every time, but they'll always be quick and easy.

SERVES  
**2**

## INGREDIENTS

- 1 90-second rice packet
- ½ cup small-diced Mori-Nu Silken Tofu, Firm
- ½ cup shelled edamame, cooked
- to taste, herbs or spices of choice

## DIRECTIONS

- 1 Microwave the rice packet according to package directions.
- 2 Add microwaved rice to a medium-sized microwavable serving bowl along with edamame and tofu. Add desired spices to the dish ( salt and pepper, cumin, ginger and garlic, or Italian seasoning, etc.) and microwave until all ingredients are warm. If the dish seems a bit dry, stir in ¼ cup of vegetable or chicken broth before serving.

Note: To make this side dish into a main dish, add more tofu or canned chicken. Also if you want to add more color and texture, add dried cranberries, pecans or walnuts and more cooked vegetables such as carrots, celery, red and yellow peppers. For even more flavor, add your favorite cheese such as feta, Parmesan or cheddar.

# Crumble-Topped Sweet Potato Casserole



Who knew your own pantry held the makings of a quick casserole side dish? Tofu and canned sweet potatoes were made for each other, and the TVP adds texture as well as protein to the topping.

SERVES  
**6-8**

## INGREDIENTS

1 (29-ounce) can of sweet potatoes, drained and mashed  
 ½ cup Mori-Nu Silken Tofu, Firm  
 2 eggs (or equivalent of cholesterol-free liquid egg product)  
 ¾ cup brown sugar,  
 ½ teaspoon cinnamon  
 ½ teaspoon nutmeg,  
 ½ teaspoon vanilla

For topping:

¾ cup brown sugar  
 ¼ cup soybean oil  
 ¼ cup TVP  
 6 tablespoons all-purpose flour  
 2 tablespoons soy flour

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Mash the drained sweet potatoes with the silken tofu. Incorporate beaten eggs or liquid egg product. Whisk in the brown sugar, cinnamon, nutmeg and vanilla. Add mixture to a casserole dish sprayed with nonstick spray.
- 3 For topping, mix brown sugar and soybean oil, then add all-purpose flour and soy flour, stirring until mixture gets crumbly. Sprinkle the topping over the sweet potato/tofu mixture.
- 4 Bake for about 30 minutes, or until topping starts to brown.

# Curried Corn and Pepper Chowder



Soymilk boosts the protein in this hearty chowder, making it enough for a small meal. Or serve it as a hearty side dish with grilled steak. Cookbook author Paulette Mitchell created the recipe.

SERVES  
**4**

## INGREDIENTS

- 2 tablespoons soybean oil
- ½ cup finely chopped green bell pepper
- ½ cup finely chopped red bell pepper
- ¼ cup minced shallots
- 2 teaspoons curry powder, or to taste
- ½ teaspoon salt
- 3 cups fresh sweet corn or 1 (16-ounce) bag frozen sweet corn, thawed
- 1 cup vegetable stock
- ½ teaspoon freshly ground pepper, or to taste
- 3 cups plain, unsweetened soymilk
- ½ cup shredded cheddar cheese

## DIRECTIONS

- 1 Heat the oil in a large saucepan or Dutch oven over medium-high heat. Add the bell peppers; cook, stirring occasionally, until tender, about 4 minutes. Add the shallots during the last minute; stir until tender but not browned. Add the curry powder and salt; stir for 1 minute.
- 2 Stir in the corn, vegetable stock, and pepper. Bring to a boil, reduce the heat to medium; cover and cook until the vegetables are tender, about 5 minutes.
- 3 Transfer 2 cups of the corn mixture to a blender or food processor. Add 1 cup of the soy milk. Process until the mixture is nearly smooth. Pour the puréed mixture into the saucepan; stir in the remaining soy milk. Stir gently over medium heat until the mixture is heated through, about 5 minutes. Sprinkle each serving with 2 tablespoons cheese.

# Edamame, Carrot and Potato Soup



This appetizer or snack soup is just right for sipping along with glass of dry white wine, served with a loaf of crusty bread and small bites of cheese or thinly sliced ham. As a chilled soup, it's an ideal take-along dish for picnics or summer parties.

YIELDS  
**2**  
QUARTS

## INGREDIENTS

2 cups leeks (about 3) sliced and thoroughly washed  
1 tablespoon soybean oil  
1 quart vegetable or chicken broth, divided  
2 cups carrots, sliced (about 3 large)  
2 cups russet potatoes, peeled and cubed  
½ cup frozen shelled edamame  
½ cup Mori-Nu Silken Tofu, Soft  
Season as desired—dash white pepper, pinch of marjoram and/or dill weed

## DIRECTIONS

- 1 Slice and wash the white and green parts of the leek. Drain.
- 2 Add oil to large cooking pot. Add leeks, sauté for about 5 minutes, stirring frequently.
- 3 Add 1 cup broth, carrots, potatoes and edamame; simmer 5 minutes.
- 4 Add remaining broth; simmer for about 30 minutes until vegetables are tender.
- 5 Add tofu to soup. Using an immersion blender, puree soup until smooth. Add desired flavoring.

Serve hot or chilled

# Silky Gazpacho



Okay, we couldn't decide whether to call this tomato-rich recipe Silky Gazpacho, Tomato Tofu Smoothie or Garden Sauce for grilled tilapia or tuna. This recipe spin on traditional gazpacho incorporates soft silken tofu to add a protein boost to the garden-fresh flavors of tomatoes, cucumber, red bell pepper and garlic. The silken tofu lends an iridescent look. Silky Gazpacho is made in a food processor, so you know it's quick. We recommend using seedless English cucumbers with thin skin that does not need to be peeled.

SERVES  
**4**

YIELDS  
**3**  
CUPS

## INGREDIENTS

- 4 tomatoes, skins removed, chopped
- 1 clove garlic, minced
- ½ cup chopped English cucumber
- 1 small red bell pepper, seeded and cut into pieces
- ½ cup water
- 1 teaspoon balsamic glaze
- ¼ cup Mori-Nu Silken Tofu, Soft
- 3 or 4 fresh basil leaves
- 1 teaspoon salt

## DIRECTIONS

- 1 To peel tomatoes, using a sharp knife lightly score a line in the skin of the washed tomatoes.
- 2 Add tomatoes to a saucepan of boiling water for about 30 seconds, or until you see the skin beginning to peel away.
- 3 Remove tomatoes from pan and let them rest on a cutting board to cool. Peel and chop the tomatoes.
- 4 In the bowl of a food processor, add tomatoes, garlic, cucumber, and water. Puree.
- 5 Add balsamic glaze, tofu, basil leaves and salt and process until tofu is well incorporated into the Silky Gazpacho.
- 6 Chill before serving. Serve cold.

# Pumpkin Tofu Soup



Tofu and pumpkin complement each other, whether it's in a pie or a soup. You can spice up this basic recipe, depending on taste preferences. This soup can be created quickly, using shelf-stable ingredients.

SERVES

6

YIELDS

4

CUPS

## INGREDIENTS

- 1 (15-ounce) can pumpkin puree
- 1 cup Mori-Nu Silken Tofu, Firm
- 2 cups vegetable stock
- ½ cup minced onion
- 1 tablespoon soybean oil
- 1 garlic clove, minced
- 1 teaspoon ground ginger (or more, to taste)
- ¼ teaspoon turmeric
- 1¼ teaspoons curry powder (or more, to taste)
- 1 tablespoon honey
- 2 or 3 basil leaves, chopped (optional)

## DIRECTIONS

- 1 In a medium-sized saucepan, sauté onion until it is translucent. Add vegetable stock, and minced garlic and bring to a simmer. Remove from heat.
- 2 In a food processor, puree the tofu and canned pumpkin puree until the mixture is a uniform color. Add ginger, turmeric, curry powder, honey and chopped basil if using. Puree.
- 3 Add pumpkin tofu mixture to vegetable stock in the saucepan, stirring to mix ingredients, and bring to a simmer. Serve warm.

# Cream of Asparagus Soup with Soymilk



This recipe not only incorporates high-quality plant protein from soymilk, it showcases the flavor of fresh asparagus in all its glory. If there's any soup left over—which we doubt—you can use it to add flavor and creaminess to chicken or rice recipes.

SERVES  
**6**

## INGREDIENTS

2 pounds asparagus, tips reserved  
4 tablespoons soybean oil  
1 large diced onion  
½ cup diced celery  
5 tablespoons flour  
4 cups vegetable or chicken stock  
1 cup unsweetened soymilk  
salt, pepper, nutmeg, cayenne pepper to taste

## DIRECTIONS

- 1 In a pot of boiling salted water, blanch the asparagus tips until tender – no more than a minute or two – and shock in ice water. Reserve tips to garnish the soup.
- 2 In a large saucepot add oil, heat. Add onion, stir over medium heat until translucent. Add the flour, stirring constantly, to incorporate. Slowly whisk in the stock, whisking thoroughly until smooth. Once all of the vegetable stock is incorporated, add the asparagus stalks. Simmer for 30 to 40 minutes.
- 3 In a blender, add soup in small batches, purée. Using a fine strainer, strain soup to remove any vegetable pulp. Return the soup to the saucepan, bring to boil, then simmer. Add soymilk, stir. Add salt, pepper, nutmeg and cayenne pepper to taste. Divide equally into soup bowls. Garnish with reserved asparagus tips. Serve immediately.

# Cuban Black Soybean Soup



The flavors and robustness of this soup are equally satisfying in winter and summer. In summer, you might want to serve it with Buttermilk Ranch Dressing (see page 72) and fresh seasonal vegetables. Did we mention that a half-cup serving of canned black soybeans provides 11 grams of protein—almost two times more protein than the typical canned blackbeans?

SERVES  
**6**

## INGREDIENTS

- 2 tablespoons soybean oil
- 1 cup diced onion
- ¼ cup diced green pepper
- ¼ cup diced celery
- 1 cup diced smoked ham
- 2 cloves garlic, minced
- 2 (15-ounce) cans black soybeans, not drained
- ½ teaspoon red pepper flakes
- ¼ teaspoon ground cumin
- 2 pinches dried oregano
- 3 cups low-sodium beef broth
- 1 teaspoon salt

## DIRECTIONS

- 1 In a large saucepan over medium high heat, heat oil. Add ham, onion, green pepper and celery and cook, stirring frequently, until vegetables are almost tender, about 3 to 5 minutes. Add garlic and cook another minute.
- 2 Add all remaining ingredients. Heat to boiling, then reduce to a simmer and cook 45 minutes. If soup gets too thick, add more water or broth as needed.

# Roasted Cauliflower Soup with Miso



Think of this soup as cauliflower taking on a little muscle. The combination of cumin, curry, soymilk and yellow miso gives roasted cauliflower a new direction. Serve this soup as a first course, or make a meal of it.

SERVES  
**4-6**

## INGREDIENTS

- 1 head of cauliflower, about ½ pound, cored and cut into 2-inch florets
- 1 teaspoon ground cumin
- 1 teaspoon curry
- ¼ cup soybean oil, divided
- salt and pepper to taste
- 1 small onion, diced
- 2 tablespoons butter
- 1 bay leaf
- ¼ cup unsweetened soymilk
- 2 tablespoons yellow miso

## DIRECTIONS

- 1 Preheat oven to 375° F. In a medium mixing bowl add first 3 ingredients and 3 tablespoons oil; mix together. Season with salt and pepper.
- 2 Pour mixture onto 15½-inch x 10½-inch x 1½-inch sheet pan. Spread cauliflower out. Roast for about 25 minutes or until cauliflower is tender.
- 3 While cauliflower is roasting, in a large saucepan, add 1 tablespoon oil and onion; sauté over medium heat until onion is soft but not brown. Add the rest of ingredients; reduce to low heat.
- 4 When cauliflower is done roasting, add to the soymilk mixture; cook over moderate heat until the cauliflower is very soft, about 15 minutes. Take out bay leaf; discard.
- 5 In a high-speed blender or with an immersion stick blender, blend mixture until smooth. If a more chunky texture is desired, pulse blend. Serve immediately.

# Hectic Day Soup with Textured Vegetable Protein



We all have those days when life conspires to keep us from doing things we planned to do—like making homemade soup. When you need a quick meal, head to your pantry and let soy come to the rescue. Just grab a can of soup and some TVP. Add the soy directly to the soup, heat it, and remember to take time to relax.

SERVES  
**2**

## INGREDIENTS

- 1 can of your favorite soup
- ¼ cup of TVP

## DIRECTIONS

- 1 In a medium microwavable bowl add soup and TVP
- 2 Microwave until soup is hot. Serve immediately with crackers, artisan bread or your favorite fruit.

Fresh ideas for

# SALADS, DIPS & DRESSINGS

Salads are fresh-from-the-garden inspirations, tied to the seasons. It seems only natural that salads and dressings should incorporate plant-based protein from soyfoods. Mediterranean, Indian, Asian and regional American influences abound in these easy ideas that will only increase your enthusiasm for salads. Keep the magic ingredients of miso, silken tofu, canned black soybeans and frozen edamame on hand for those times when you're in the mood to put a new spin on some of your favorite salads.

*Soyfoods not only complement salad ingredients, they enhance dressings as well.*



# Buttermilk Ranch Dressing and Dip



Celia Bravard and Lauren Grant-Vose created this luxurious-textured dressing when they were at Iowa State University, working as interns at The Soyfoods Council. Ranch dressing has great staying power as the reigning salad dressing in the U.S., so any variation is sure to be a winner.

SERVES  
**14**

YIELDS  
**1 3/4**  
CUPS

2 tablespoons  
per serving

## INGREDIENTS

- 1 cup unsweetened soymilk
- 1 tablespoon white vinegar
- ½ cup Mori-Nu Silken Tofu, Soft
- ½ cup plain Greek yogurt or soy yogurt
- 1 packet Ranch dressing mix (3 tablespoons)

## DIRECTIONS

- 1 In a small mixing bowl, combine soymilk and vinegar. Allow to rest for 15 minutes. (This will create soy buttermilk).
- 2 In a food processor, add soymilk/vinegar mixture. Add remaining ingredients; purée until smooth.
- 3 Refrigerate for at least 30 minutes. Serve with vegetables or over salad.
- 4 Store in air-tight container in refrigerator for up to 1 week.

# Berry Smooth Salad Dressing



Brad Rodish created this fresh berry dressing for The Soyfoods Council salad dressing contest. He uses the North American native fruit, aronia berries (also known as chokeberries). If you don't have access to them, substitute raspberries, blackberries or blueberries.

SERVES  
**10-12**

## INGREDIENTS

8 ounces Mori-Nu Silken Tofu, Soft  
6 ounces aronia berries  
5 ounces rice wine vinegar  
3 ounces agave nectar  
1 green onion, chopped  
1 tablespoon Dijon mustard  
6 to 8 large fresh mint leaves (or use ½ teaspoon dried leaves)  
1 tablespoon fresh thyme leaves (or 1 teaspoon dried)  
½ cup soybean oil

## DIRECTIONS

- 1 Add all above to a blender and blend for 30 seconds on a medium-high speed.
- 2 After 30 seconds reduce speed to low; slowly pour in oil; blend for 20 more seconds.
- 3 Remove from blender and chill for 2 hours prior to serving, for best results.
- 4 Serve with a mixture of arugula, pea shoots and romaine lettuce. Top with blackberries, pear slices and walnuts.

# Sweet Garlic Wasabi Tofu Dressing



Kerri Rush created this dressing to accompany her Asian Cobb Salad featuring Coconut Bacon. It's an eating adventure, enhanced by a silken tofu-based dressing.

SERVES  
**10**

## INGREDIENTS

### Dressing

- 1 (12.3 ounce) package of Mori-Nu Silken Tofu, Soft
- ¼ teaspoon wasabi powder
- 1 tablespoon granulated onion powder
- 1 tablespoon granulated garlic powder
- 2 cloves garlic
- 2 tablespoons Veganaise (vegan mayo made with soy)
- 1 tablespoon agave nectar
- 1 teaspoon Himalayan salt

### Asian Cobb Salad

- 10 Iceberg lettuce wedges
- ½ red onion, chopped
- 20 cherry tomatoes, sliced in half
- 1 avocado, chopped
- 1 cup shelled edamame, cooked and cooled
- 1 cup shredded carrots
- Coconut Bacon (recipe below)

### Coconut Bacon

- 2 tablespoons soy sauce
- 1 tablespoon liquid smoke
- 1 tablespoon maple syrup
- ½ teaspoon smoked paprika
- 3½ cups large flaked coconut

## DIRECTIONS

- 1 Preheat oven to 325° F.

### Dressing:

- 2 Place all ingredients in blender; blend until smooth.
- 3 Drizzle over the wedges before serving.

### Salad:

- 4 Divide red onion, cherry tomatoes, chopped avocado, edamame, carrots and coconut bacon evenly to serve with each lettuce wedge. Sprinkle coconut bacon on top of salad when ready to serve.

### Coconut Bacon:

- 5 In a small bowl, mix the first four ingredients, making sure to break up any clumps of paprika. In a large bowl, add coconut flakes; drizzle the wet mixture over the top of coconut; gently toss to coat flaked coconut well. Using a slotted spoon, scoop flakes and place them on 2 parchment-lined cookie sheets. Sprinkle flakes with mineral salt if desired. Place in oven; bake for 20 to 25 minutes. Stir every 5 minutes. After 15 minutes, keep oven door closed. Watch carefully so flakes do not burn. Take out of oven and cool.

# Basil Lime Dressing



Lauren Grant-Vose and Celia Bravard created this brightly flavored salad dressing when they were The Soyfoods Council interns while at Iowa State University. Although fruit salads can stand on their own, why should they when there are dressings like this one to pull things together in a fresh, new way?

SERVES  
**4**

**2 tablespoons**  
dressing per  
serving

## INGREDIENTS

### Dressing

¼ cup + 2 tablespoon Mori-Nu Silken Tofu, Soft  
2 tablespoons plain Greek yogurt or soy yogurt  
1 teaspoon lemon juice  
1 ½ teaspoons lime juice  
2 green onions, chopped  
¼ cup + 2 tablespoons fresh basil leaves, chopped  
2 tablespoons Parmesan cheese, grated  
1 tablespoon Dijon mustard  
pinch of black pepper, or to taste

### Salad

Romaine hearts, watermelon cut into matchsticks, fresh blueberries, chopped pecans, cucumber cut into matchsticks and strips of fresh basil leaves.

## DIRECTIONS

- 1 In a food processor, add the dressing ingredients. Pulse until very smooth. Use dressing immediately.
- 2 To make salad, combine salad ingredients in a large bowl and toss. Add dressing.

# Creamy Roasted Red Pepper Vinaigrette



Chefs Cherry Madole and Susan Madorsky of The Tangerine Food Company created this dressing. The flavors complement proteins and vegetables alike. It is a good choice for main course salads. Best of all, it brings protein of its own to the table, thanks to the tofu.

SERVES  
**12**

1 ounce per  
serving

## INGREDIENTS

3 ounces Mori-Nu Silken Tofu, Soft  
 ½ cup chopped roasted red peppers  
 2 cloves garlic, minced  
 1 ounce freshly squeezed lemon juice  
 ½ teaspoon smoked paprika  
 ½ teaspoon salt  
 ¼ teaspoon pepper  
 ⅓ cup soybean oil

## DIRECTIONS

- 1 In a blender, combine all ingredients except oil. Process until smooth. Slowly add the oil. Continue to process until dressing is creamy. Refrigerate for 4 hours or overnight to allow flavors to develop. Enjoy with your favorite salad greens.

Note: If, by some small chance, you have any leftover dressing, mix ½ cup each of dressing and sour cream with 2 tablespoons of mayonnaise. You'll have a creamy dip for raw vegetables or a spread for sandwich bread.

# Creamy Avocado Dressing



Have you ever been tempted to use guacamole as a salad dressing? Now you don't have to. Chef/owner George Formaro of Malo Restaurant in Des Moines developed this blend of avocados and soft silken tofu that is just the texture you need for salads, with the flavors you love plus an unexpected addition of plant protein.

YIELDS  
**1 1/2**  
CUPS

## INGREDIENTS

2 avocados  
½ cup Mori-Nu Silken Tofu, Soft  
½ cup sour cream  
½ teaspoon chopped fresh garlic  
4 tablespoons chopped green onions  
½ teaspoon kosher salt  
Pinch of black pepper

## DIRECTIONS

- 1 Place all ingredients into a quart pitcher.
- 2 Using a standard stick blender, blend until smooth. Taste for more salt if needed.

(You can also make this in a blender, blending ingredients until they are smooth. This is a great vegetable dip, too.)

# Luxurious Tofu Dressing with Fresh Chives



Austina Smith, executive chef of Grand Living at Bridgewater in Coralville, Iowa, harnesses a selection of herbs that create a vibrant version of Ranch dressing. Try it with fresh greens.

YIELDS  
**2½**  
CUPS

## INGREDIENTS

- 2 (12.3-ounce) packages Mori-Nu Silken Tofu, Soft
- 5 tablespoons water
- 3 tablespoons soybean oil
- 1 tablespoon mince fresh garlic
- 1 tablespoon onion powder
- 1 teaspoon celery salt
- 1 teaspoon capers
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 3 tablespoons apple cider
- 1 teaspoon dry thyme
- 1 teaspoon dry dill
- 1 tablespoon dry parsley
- 1 tablespoon minced fresh chives (to fold in)

## DIRECTIONS

- 1 In a large mixing bowl, add all the vegetables; toss together. Add dressing, toss lightly.
- 2 Cover and place salad in refrigerator, to marinate overnight.

# Charred Green Onion Miso Dressing



The name says it all, doesn't it? You know this is a dressing with some spirit. Chef/owner Kevin Scharpf of Brazen Open Kitchen and Bar in Dubuque, Iowa, planned it that way. See what this energizing dressing does for your favorite salad greens.

SERVES  
**4-6**

## INGREDIENTS

1 (12.3-ounce) package Mori-Nu Silken Tofu, Soft  
½ cup mayonnaise  
3 tablespoons miso  
½ cup charred green onions  
3 tablespoons chives, chopped  
1 tablespoon parsley, chopped  
1 tablespoon dill, chopped  
2 garlic cloves, chopped  
1 tablespoon Dijon mustard  
2 tablespoons rice wine vinegar  
1 teaspoon paprika  
to taste, cayenne pepper  
to taste, salt

## DIRECTIONS

- 1 Place all ingredients into a blender. Blend until well incorporated and smooth.
- 2 Check seasonings and adjust as needed.

# Green Goddess Dressing



This isn't your grandmother's Green Goddess Dressing, or even the one created at the Palace Hotel in San Francisco 100 years ago. This iteration comes from chef/owner George Formaro of Malo Restaurant in Des Moines. Among other tweaks, it features plant protein in the form of silken tofu and it omits the tarragon and anchovies called for in the original version.

SERVES

8

YIELDS

1

CUP

## INGREDIENTS

½ cup Mori-Nu Silken Tofu, Soft  
½ cup sour cream  
4 tablespoons green onions, chopped  
1 teaspoon garlic, chopped  
4 tablespoons chopped parsley  
½ teaspoon kosher salt  
Pinch of black pepper

## DIRECTIONS

- 1 Place all ingredients into a quart pitcher. Using a standard stick blender, blend until smooth. Taste for more salt if needed.

Or, place all ingredients into a blender and blend until smooth. This is a versatile vegetable dip, too.

# Lola's Masala Ranch Tofu Dressing



Chef Hannah Elliot of Lola's Fine Kitchen in Ankeny, Iowa, shares this fusion cuisine recipe. Ranch dressing goes international with this combination of soy sauce, hot sauce and a blend of warm Indian spices.

SERVES  
**16**

YIELDS  
**2½**  
CUPS

## INGREDIENTS

### Dressing

- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Soft
- 2 tablespoons soybean oil
- 2 tablespoons Bragg Liquid Aminos or soy sauce
- 1 tablespoon distilled white vinegar
- 3 tablespoons lemon juice
- 1 tablespoon agave nectar
- 1 glove garlic, minced
- 1 tablespoon nutritional yeast
- 1 teaspoon garam masala spice blend
- 1 tablespoon hot sauce
- 1 teaspoon kosher salt
- ½ cup fresh mint
- ¾ cup parsley
- ¾ cup cilantro (optional)

### Dressing

- 8 hearts Romaine lettuce, torn into small pieces
- 2 avocados, peeled and pitted, cut into smaller pieces
- Garnish with dried cranberries and dried edamame

## DIRECTIONS

- 1 In a blender, place all dressing ingredients except the fresh herbs. Blend on high until completely blended.
- 2 Add all herbs; blend on high just until herbs come together with dressing, about 10 seconds.
- 3 In a large bowl, add romaine lettuce and avocado; toss with dressing. Top with cranberries and dried edamame.

# Miso-Meets-Za'atar Potato Salad



Lauren Grant-Vose of Zestful Kitchen shares her unique and flavorful upgrade to classic potato salad. “This Asian potato salad, with a Middle Eastern nod, dares to steal the spotlight from any main dish,” she says. Miso makes the difference.

SERVES  
**4-6**

YIELDS  
**5½**  
CUPS

## INGREDIENTS

1½ pounds red-skinned potatoes, cubed  
3 tablespoons rice vinegar, divided  
3 tablespoons soybean oil  
2 tablespoons white miso  
1 tablespoon za'atar  
1 teaspoon honey  
½ teaspoon toasted sesame oil  
½ cup thinly sliced scallions  
¼ cup chopped parsley  
2 tablespoons minced shallots  
salt and black pepper to taste

## DIRECTIONS

- 1 Cook potatoes in a pot of boiling salted water until fork-tender, 10 to 12 minutes.
- 2 Drain potatoes, transfer to a baking sheet and drizzle with 2 tablespoons vinegar; cool.
- 3 Whisk together remaining 1 tablespoon vinegar, oil, miso, za'atar, honey and sesame oil for the dressing.
- 4 Toss potatoes, scallions, parsley, and shallots with dressing to coat. Season with salt and pepper to taste.

# Mexican Veggie Salad



Rich with vegetable flavors, colors and textures, this salad also provides plant protein in the form of canned black soybeans. Best of all, you can make it ahead of time.

SERVES  
**6-8**

## INGREDIENTS

- 1 cup fresh sweet corn, or frozen, cooked
- 1 cup diced celery
- ½ cup diced red onion
- ½ cup sliced black olives
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 (15-ounce) can black soybeans, rinsed and drained
- 2 cups grape tomatoes cut in half
- 1 (16-ounce) package shelled edamame, cooked
- as needed, bottled Italian salad dressing

## DIRECTIONS

- 1 In a large mixing bowl, add all the vegetables; toss together.
- 2 Add dressing, toss lightly.
- 3 Cover and place salad in refrigerator, to marinate overnight.

# Southwestern Couscous Salad



Think of this as a traveler's salad, with notes of interest ranging from the Mediterranean to the Americas with the Asian-inspired addition of silken tofu. Chef Jared Clark of Table 128 Restaurant in West Des Moines, Iowa, developed this serious salad.

**SERVES**  
**8-12**

## INGREDIENTS

### Dressing

2 red bell peppers  
1 ½ cups soybean oil  
5 Guajillo chiles  
6 garlic cloves, sliced  
1 tablespoon coriander  
1 tablespoon cumin  
1 tablespoon caraway  
⅓ cup sherry vinegar  
1 cup cilantro, optional  
1 tablespoon sugar  
1 (12.3-ounce) package Mori-Nu Silken Tofu, Soft

### Salad Mix

1 ½ cups water  
2 teaspoons salt  
1 cup couscous  
1 cup water  
3 medium carrots, diced  
2 ears of sweet corn, kernels removed from cob  
1 pound arugula, washed and dried  
1 medium red onion, diced  
3 radishes, sliced  
6 ounces feta cheese  
½ cup cashews, chopped

## DIRECTIONS

### Dressing

- 1 Set the oven on broil. On a sheet tray, place cored red pepper and place under the broiler for 15 minutes. Remove from the oven and set aside.
- 2 In a saucepan, add oil. When oil reaches 250° F, pour over Guajillo chiles and garlic in a heat-proof container; cool.
- 3 In a small sauté pan, add spices and toast them for 2 to 3 minutes.
- 4 Once all the dressing ingredients have cooled, place them in a blender. Add vinegar, cilantro, sugar and tofu. Blend until smooth.

### Salad

- 1 In a medium saucepan add 1 ½ cups water and salt. Bring to a boil. Add couscous; Remove from heat and cover.
- 2 In another small saucepan, add 1 coup of water and bring it to a boil. Add carrots and cook until they are crisp and tender. Add corn and cook for 2 minutes; drain.
- 3 In a serving bowl, add arugula, onion, radishes couscous, carrots and corn. Lightly dress salad with silken tofu dressing. Top with feta cheese and cashews.

# Edamame Salad with Raspberry Vinaigrette and Tofu Croutons



This salad looks a little like a party on a plate, and we think the flavors are something to celebrate, too.

John Andres, Director of the Iowa Culinary Institute in Ankeny, Iowa shares his recipe. If you have water-packed tofu available, the tofu croutons will add another layer of protein in addition to the edamame. If not, add crunch with packaged unseasoned croutons.

SERVES  
**8-10**

## INGREDIENTS

### Edamame Salad

6 cups freshly chopped greens, washed and dried  
 ½ cup sliced radish  
 1 medium julienne-cut red onion  
 3 julienne-cut carrots  
 2 cups halved grape tomatoes  
 2 cups shelled edamame, blanched

### Raspberry Vinaigrette

½ cup raspberry vinegar  
 ¼ cup fresh raspberries  
 ¼ cup honey  
 ¾ cup soybean oil  
 ½ cup fresh basil leaves, chiffonade (thin shreds)  
 salt and black pepper, to taste

### Tofu Croutons

1 package firm water-packed tofu, drained, cut medium-dice  
 ½ cup soy sauce  
 1 ½ cup water  
 2 tablespoons ranch dressing powdered seasoning mix  
 ¾ cup corn starch  
 as needed, soybean oil for frying

## DIRECTIONS

- 1 For salad, in a large bowl, add the 6 salad ingredients, toss lightly. Divide evenly on salad plates. Sprinkle with tofu croutons, serve with raspberry vinaigrette.
- 2 To make tofu croutons, in a medium bowl, add soy sauce, water and Ranch Dressing powder, mix together. Add tofu; marinate 4 hours; remove from marinade, allow to drain.
- 3 In a medium mixing bowl add corn starch, add tofu, toss lightly. Deep-fry at 350° F in oil until golden-brown. Remove from oil, drain. Serve immediately, sprinkle on salad.
- 4 For raspberry vinaigrette, in a blender, add vinegar, raspberries and honey. Purée; slowly add oil to emulsify.
- 5 In a small bowl, add dressing. Whisk in basil, salt and black pepper. Serve with salad.

# Umami Miso Slaw with Sesame Encrusted Ahi Tuna



Chef Cori Albers demonstrates the many ways that soy contributes to inspired main courses. This salad dressing is made with miso, tofu, soy sauce and soybean oil. Fresh slaw complements the ahi tuna, creating a memorable meal. You can find Japanese ponzu sauce at most grocery stores.

SERVES  
**4**

## INGREDIENTS

### Dressing

- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Firm, cubed
- $\frac{3}{4}$  cup ponzu sauce, prepared
- 3 tablespoons white miso
- 2 tablespoons garlic chili paste
- 2 tablespoons water
- 1 tablespoon soy sauce
- 1 teaspoon soybean oil
- 1 teaspoon fresh ginger, minced
- 2 garlic cloves, minced
- salt to taste

### Slaw

- 1 head Napa Cabbage, finely shredded
- $\frac{1}{4}$  head red cabbage, finely shredded
- 6 scallions, cut on bias
- 1 red pepper, julienned
- $\frac{1}{2}$  bunch cilantro, minced
- $\frac{1}{2}$  bag shredded carrots, cut in half

### Tuna

- $\frac{1}{4}$  cup black sesame seeds
- $\frac{1}{2}$  cup white sesame seeds
- 4 (6-ounce) ahi tuna steaks, 1 inch thick
- kosher salt and freshly ground black pepper
- 2 tablespoons soybean oil

## DIRECTIONS

### Dressing

- 1 In a blender, add cubed miso. In a large mixing bowl, add ponzu, miso, garlic chili paste, water, soy sauce, oil, ginger and garlic; mix with a spoon to combine ingredients. Add mixture to blender. Blend until well combined. In a mesh strainer set over a bowl, pour dressing to strain. Season with salt to taste.

### Slaw

- 2 In a large salad bowl, combine all ingredients. Add 1 to  $1\frac{1}{2}$  cups of dressing. Mix well.

### Tuna

- 3 In a shallow dish, combine the two types of sesame seeds, stir to mix. On a large plate, season the tuna with salt and pepper. Dredge in sesame seeds, coat tuna evenly. In a nonstick pan, over medium heat, warm the oil. Arrange tuna in the pan. Cook until the white sesame seeds start to turn golden underneath. Carefully turn the tuna over. Cook for about 1 minute. Transfer the tuna to a cutting board. Cut into  $\frac{1}{4}$ -inch thick slices.

# Not-Your-Mother's Bean Salad



The picnic classic, three bean salad, gets an update from Chef/Owner Joni Bell of Great Caterers of Iowa, in Pleasant Hill, Iowa. There's a certain beauty in its simplicity. Best of all, you probably have the ingredients on hand.

SERVES  
**10**

## INGREDIENTS

- 1 (14.5-ounce) can green beans, drained
- 1 (15-ounce) can black soybeans, rinsed and drained
- 1 (14.5-ounce) can yellow wax beans, drained
- 2 (16-ounce) packages of shelled edamame, cooked according to package directions
- 1 small onion, diced
- 1 cup celery, chopped
- 
- ½ cup soybean oil
- ¾ cup vinegar
- 1 cup sugar

## DIRECTIONS

- 1 In a large mixing bowl add the first 6 ingredients; set aside.
- 2 In a small saucepan add remaining ingredients, bring to boil, and reduce heat.
- 3 Simmer until sugar is dissolved. Cool.
- 4 Pour over vegetables, cover and refrigerate until ready to serve.

# Greek Salad with a Twist



When a Mediterranean recipe takes on a slight Asian accent with edamame, good things happen. The salad gets a protein boost and added texture from edamame without losing any of the original character.

SERVES  
**4**

## INGREDIENTS

- ¼ cup red wine vinegar
- 3 tablespoons soybean oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 8 cups chopped romaine lettuce
- 16 ounces frozen shelled edamame, about 3 cups, thawed
- 1 cup halved cherry tomatoes
- 1 cucumber, sliced
- ½ cup crumbled feta cheese
- ¼ cup chopped fresh basil
- ¼ cup black olives
- ¼ cup chopped red onion

## DIRECTIONS

- 1 In a large bowl, whisk vinegar, oil, salt and pepper.
- 2 Add remaining ingredients; toss to coat. Serve immediately.

# Heartland Harvest Salad



This is what succotash grew up to be, and it's definitely a success story. The salad is quick enough to make for a weeknight dinner, and attractive enough to take along to backyard barbecue. If you're in a time crunch, consider making the shortcut version of the dressing.

SERVES  
**6**

## INGREDIENTS

- 2 tablespoons balsamic vinegar
- 2 tablespoons cider vinegar
- 1 tablespoon brown sugar
- ½ teaspoon ground cumin
- ½ teaspoon onion powder
- 1 clove garlic, minced
- 1 ½ cup cooked shelled edamame
- 1 ½ cup cooked corn
- ½ cup chopped red bell pepper

## DIRECTIONS

- 1 In a small saucepan combine vinegars, sugar, cumin, onion powder and garlic. Heat until sugar is dissolved. Remove from heat.
- 2 Place edamame, corn and red pepper in a medium bowl. Pour vinegar mixture over vegetables. Stir to mix. Cover and refrigerate for 1 to 4 hours or until chilled, stirring once. Serve.

For a shortcut version, use ½ cup of bottled balsamic vinegar dressing and add 1 teaspoon of cumin instead of the vinegar brown sugar mixture. Stir to combine. Pour dressing over edamame, corn and red pepper. Cover and refrigerate for 1 to 4 hours or until chilled, stirring once.

# BREAKFAST

## Rise and Shine: Breakfast Ideas

Simplicity is what you need in the morning. These soy-inspired recipes start your day off right. Soymilk and tofu smoothies, oatmeal fortified with TVP, and grab-and-go muffins are just the start of a great morning. You can also prepare a protein-rich breakfast in the microwave by combining an egg with tofu and vegetables, or create a breakfast wrap to see you through a busy morning.



## EMBRACE THE (SOY YOGURT) CULTURE

It is simple to make your own soy yogurt if you have access to a yogurt maker or an electric multipurpose pressure cooker, such as an Instant Pot, with a yogurt setting.

When it comes to ingredients, the simpler the better, too. All you need to make your first batch are two one-quart cartons of aseptic plain soymilk, and a container of whole milk plain yogurt with live active cultures. Read the labels to make sure the soymilk you choose has just two ingredients: soybeans and water. Similarly, the plain yogurt should only contain whole milk and live active cultures—no sweeteners, flavors or other ingredients. When it comes to the ingredients for making soymilk yogurt, less is definitely more.

Soymilk brands include Unsweetened Edensoy (the ingredient label lists only purified water and organic soybeans), Trader Joe's Organic Unsweetened Soy Beverage (its ingredients are water and whole organic soybeans) and WestSoy Organic Unsweetened Plain Soy Milk (its ingredients are filtered water and whole organic soybeans). Many yogurt brands offer plain whole milk yogurt with live, active cultures without other added ingredients.

To make soymilk yogurt in an Instant Pot, whisk one cup of whole milk plain yogurt—remember you need the kind with live active cultures—into two quarts of plain soymilk as described above. Close the lid and select the yogurt setting to start the process. When the yogurt-making cycle is complete (in about 12 hours), spoon the yogurt into glass jars with lids and store them in the refrigerator. Remember to save one cup of your homemade soymilk yogurt as the culture for your next batch.

# Waffle Wake-Up Tofu Maple Cream



Discover what this topping does for breakfast staples like frozen waffles or French toast on weekend mornings. And we're not just talking about the protein addition from tofu, we're referring to the maple-cinnamon flavors. You also can serve Tofu Maple Cream as a dipping sauce for French toast sticks or small pancakes.

SERVES  
**6**

## INGREDIENTS

- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Soft
- 3 tablespoons maple syrup
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract

## DIRECTIONS

- 1 Combine all ingredients in a blender or food processor until smooth and creamy. Serve over frozen or homemade waffles.

# War Cake Reimagined



This spice cake recipe has been around for more than a century but it still suits contemporary tastes, whether you make it in a loaf, or in a muffin tin. During World War I (1914-1918) home cooks made War Cake when meat, wheat, fats and sugar were in short supply because they were needed to feed soldiers at the front. Today, we might call it “Plant-Powered Spice Cake” or “Cholesterol-Free Spice Cake.” This contemporary version includes a few more spices commonly found in today’s pantries, and adds dried cranberries to the original recipe that just called for raisins. Adding soy protein boosts the nutrition profile and texture of the cake. Soybean oil still works well for the shortening and is in keeping with the spirit of the recipe.

SERVES  
**8**  
with LOAF CAKE

- or -

MAKES  
**6**  
MUFFINS

## INGREDIENTS

1 cup brown sugar	½ teaspoon ground ginger
1 cup water	¼ teaspoon ground nutmeg
½ cup raisins	½ teaspoon salt
½ cup dried cranberries	½ teaspoon baking powder
2 tablespoons soybean oil	½ teaspoon baking soda
1 teaspoon ground cinnamon	1 cup all-purpose flour
½ teaspoon ground cloves	½ cup soy flour

## DIRECTIONS

- 1 Preheat oven to 350° F and prepare an 8" x 4" loaf pan by spraying it with nonstick spray, or use a paper-lined muffin tin.
- 2 In a saucepan over low heat, simmer the brown sugar, dried fruit, water, soybean oil and spices for 5 minutes. Allow mixture to cool.
- 3 In a large bowl of a stand mixer, combine wheat flour and soy flour, salt, baking powder and baking soda. With the mixer running on slow speed, gradually add spice mixture. Increase speed to medium and beat for about 2 minutes.
- 4 Pour cake batter into the prepared loaf pan or muffin tin and bake at 350° F for 30 minutes, until the cake springs back when lightly touched in the center, and a toothpick inserted into the center comes out clean.
- 5 Allow the cake to cool for 10 minutes before removing it from the pan. After the cake has completely cooled, add vanilla soymilk icing to the cake if desired.

(See next page for Vanilla Soymilk Icing instructions)

# War Cake Reimagined (continued)

## INGREDIENTS

### Vanilla Soymilk Icing

- 1 cup vanilla soymilk
- 4 tablespoons of all-purpose flour
- 1 cup granulated sugar
- 1 cup butter, softened
- 1 teaspoon vanilla extract

## DIRECTIONS

- 1 In a saucepan over medium heat, whisk flour into vanilla soymilk and continue whisking until mixture thickens and begins to bubble. Remove from heat and allow soymilk mixture to cool completely.
- 2 Using a stand mixer (or handheld mixer) beat the softened butter and sugar until it is well mixed. Add the cooled soymilk/flour mixture and a teaspoon of vanilla extract and continue to beat on medium-high speed until the icing resembles thick whipped cream.

Leftover or premade icing can be frozen, if desired. Use it as a dip for gingersnaps or spice cookies on a dessert board.



## FOOD HISTORY NOTE

War Cake has staying power. During the Great Depression (1929-1933) the recipe fit tight food budgets and did not require ingredients such as milk, butter, granulated sugar or eggs.

The cake made another comeback in American kitchens during World War II (1941-1945) when food rationing was prevalent on the home front. M.F.K. Fisher included a version of War Cake in her World War II-era classic, *How to Cook a Wolf*, referring to the cake as a “remnant of the last war.” With a little tweaking of spices, dried fruit choices and added soy protein, this quick cake still stands the test of time.

## D.I.Y. SOY BUTTERMILK

Shelf-stable soymilk is a versatile addition to your pantry that allows you to make plant-based versions of baking ingredients such as buttermilk and evaporated milk. You won't have to plan ahead to have buttermilk on hand for biscuits, pancakes or muffins.

Here's how to make an easy soymilk alternative to buttermilk. For each cup of buttermilk called for in a recipe, add one tablespoons of lemon juice or white vinegar to a one-cup measuring cup. Next, add enough unsweetened soymilk to make one full cup of liquid. That's it.

## Spiced Bran Muffins



Wake up with these muffins that get their flavor from spices and dried fruits you have on hand. As this recipe demonstrates, soy flour adds texture and protein to baking recipes.

SERVES  
**24**

**1 MUFFIN PER  
SERVING**

## INGREDIENTS

2 cups all-purpose flour  
½ cup soy flour  
2 teaspoons baking soda  
1 ¼ teaspoon cinnamon, ground  
¼ teaspoon nutmeg, ground  
1 pinch allspice, ground  
1 ½ teaspoon salt  
2 cups toasted wheat bran  
¾ cup dried figs or dates, chopped  
1 cup boiling water

½ cup butter, at room temperature  
1 cup sugar  
½ cup honey  
2 eggs, large  
2 cups plain soymilk\*  
2 tablespoons lemon juice or white vinegar\*

\* Traditional muffin recipes often call for buttermilk. This one uses a soymilk equivalent. Instructions for making your own appear at left.

## DIRECTIONS

- 1 Preheat oven to 400°F. Line 24 muffin cups with muffin papers. In a small bowl, stir flours, baking soda, spices, and salt; blend. In another small bowl, add wheat bran, figs and boiling water; stir.
- 2 In a large bowl, beat the butter until creamy. Gradually beat in sugar, then honey. Beat in eggs 1 at a time. Gradually add the soymilk/lemon juice mixture "buttermilk" in the additions, alternating with the flour mixtures. Mix in the bran mixture. Divide batter among lined muffin cups.
- 3 Bake until a tester inserted into the center comes out clean, approximately 20 minutes. Turn muffins out onto cooling rack. Cool completely before serving.

# Any Fruit Quick Bread



No matter which fruit you choose, this bread is ideal for morning meals. Eat it warm from the oven or grab some on your way out the door. Maybe you'll want to take two servings along—one for a mid-morning snack.

SERVES  
**8-10**

## INGREDIENTS

- 1 cup sugar
- ¼ cup butter
- 1⅔ cups mashed fruit, such as applesauce, canned pumpkin, mashed bananas, strawberries or raspberries
- ½ cup Mori-Nu Silken Tofu, Firm
- 1 egg
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- ½ cup chopped pecans

## DIRECTIONS

- 1 Preheat oven to 350° F.
- 2 In a mixing bowl, cream the sugar and butter.
- 3 Add the mashed fruit, tofu and egg. Incorporate the dry ingredients and pecans.
- 4 Pour into a greased loaf pan or a paper-lined muffin tin.
- 5 Bake 60 to 70 minutes for bread, or until the bread is firm and lightly browned. Bake approximately 20 minutes for muffins, or until they are firm and lightly browned.

# Soynut Butter Banana Muffins



If Elvis had been acquainted with this recipe, he may have preferred it to his peanut butter and banana sandwiches. Soynut butter and vanilla soy yogurt add plant protein to the muffin mix.

SERVES  
**12**

## INGREDIENTS

1 cup all-purpose flour  
1 ½ cups raw wheat bran  
1 teaspoon baking soda  
1 teaspoon baking powder  
¼ teaspoon salt  
¼ cup soybean oil  
2 egg whites, beaten  
3 ripe bananas, mashed  
½ cup vanilla soy yogurt  
⅔ cup creamy soynut butter  
¼ cup packed brown sugar  
raw sugar to garnish muffins

## DIRECTIONS

- 1 Preheat oven to 400° F.
- 2 Combine flour, bran, baking soda, baking powder and salt in a mixing bowl and set aside. In large mixing bowl, combine soybean oil, egg whites, bananas, soy yogurt, soynut butter and brown sugar. Mix well. Fold in the dry ingredients; mix just until combined.
- 3 Spoon the batter into paper-lined or nonstick muffin tins. Bake in oven for 20 minutes, or until muffins are firm to the touch. Remove from the oven; sprinkle with raw sugar, if desired. Let the pan cool on a wire rack.

# Easy Tofu Soufflé



Our definition of a good breakfast recipe is one that you find yourself making for lunch or dinner, too. If you're thinking of making this simple soufflé for breakfast tomorrow, save a serving of cooked vegetables from tonight's dinner. They'll be just as good at your morning meal

SERVES  
**1**

## INGREDIENTS

4 ounces of Mori-Nu Silken Tofu, Soft  
1 egg, or equivalent liquid egg product  
as needed, cooked broccoli, cauliflower or asparagus (or a combination)  
as needed for garnish, sliced tomatoes or fresh herbs

## DIRECTIONS

- 1 Add tofu and egg to a small bowl; whisk until combined.
- 2 Pour into a small microwaveable ramekin. Add vegetables.
- 3 Cover the ramekin with plastic wrap. Microwave for 2 to 3 minutes or until the egg is cooked.
- 4 Season to taste with salt and black pepper. Garnish with sliced tomatoes or fresh herbs. Serve immediately.

# Choose a Smoothie

Blenders make it so easy to build breakfast in a glass. What you put into a smoothie is up to you. Use silken tofu, plain soymilk or vanilla soymilk as a base. Add a frozen banana, avocado slices, pear slices, or fresh or frozen berries. Maybe you want a splash of juice, too—pomegranate, orange, cranberry or pineapple juice can all add depth to the fruit flavors. Go for it. These suggestions can get you started. All of them are made in a blender.



## POMEGRANATE-CHERRY VANILLA

Vanilla soymilk elevates various juices and takes frozen cherries to the next level. You'll see.

- 6 ounces pomegranate juice, such as Pom, chilled
- 1 cup vanilla soymilk, chilled
- ½ cup frozen dark sweet cherries
- 4 to 5 ice cubes

SERVES  
**2**

## INGREDIENTS

### MANGO-BANANA

When using soy protein powder, smooth out its texture by using creamy ingredients like banana.

- ½ ripe mango, chopped
- 1 small banana, chopped
- 2 tablespoons vanilla soy protein powder
- ½ cup plain or vanilla soy yogurt
- 1 cup orange juice

SERVES  
**4**  
(1 cup servings)

### PAPAYA-STRAWBERRY

Who can resist a smooth, creamy tofu-based drink that is almost like a milkshake? If you're up for an even thicker smoothie, add frozen strawberries to the blender container.

- 1 cup papaya pieces
- 1 cup strawberries
- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Soft, drained
- 1 (11.5-ounce) can papaya nectar, chilled

SERVES  
**4**  
(1 cup servings)

### PINEAPPLE-ORANGE-BANANA

Start with soymilk and add just a few ingredients to the blender. On the busiest of days, this combination fits your schedule.

- 1 cup soymilk (plain or vanilla)
- ½ medium banana (may be frozen, if desired)
- 2 tablespoons pineapple-orange-banana frozen fruit juice concentrate, undiluted
- ¼ cup frozen fruit (optional)

SERVES  
**1**

### SILKEN SHAKE

For a sweet way to wake up, add a little vanilla and sugar to the base of tofu and fruit.

- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Firm
- 2 cups fresh or frozen strawberries (or other fruit)
- 2 cups cranberry juice
- ½ teaspoon vanilla
- 1 tablespoon sugar

SERVES  
**4**

# Double Whammy Taco Wraps



This simple morning-friendly version of a popular kids' favorite features two types of soy protein. And speaking of kids, research shows that girls who consume 1 or 2 servings of soy protein per day may reduce their risk of breast cancer later in life by up to 50 percent. Soy protein is low in fat and is a lean protein, making it a good choice for boys, too.

SERVES  
**6**

## INGREDIENTS

2 tablespoons taco seasoning (your favorite packet of seasoning)  
1 cup TVP  
1 cup hot water  
1 (15-ounce) can black soybeans, rinsed, drained  
6 flour tortillas  
1 small avocado  
1 large tomato  
1 (12-ounce) container sour cream (soy or dairy)  
1 (12-ounce) package shredded cheddar cheese (soy or dairy)  
1 (10-ounce) package shredded lettuce  
Hot pepper sauce, optional

## DIRECTIONS

- 1 In a medium microwave-safe bowl combine the taco seasoning, TVP and hot water. Let sit for 2 minutes. Add black soybeans; stir to combine. When ready to assemble wrap, microwave for 1 minute or until hot.
- 2 Cut the avocado in half and use a spoon to scoop out the pit. Scoop the avocado pulp into a bowl and mash it with a fork. Cut out the stem of the tomato and discard. On a cutting board, use a sharp knife to cut the tomato into small chunks.
- 3 On cutting board or a clean work surface, lay out the tortillas. Spread 1 tablespoon mashed avocado and 1 tablespoon sour cream on each tortilla. Spread  $\frac{1}{3}$  cup of the warm bean mixture on top of the avocado and sour cream mixture on each tortilla.
- 4 Top each tortilla with 2 tablespoons of cheese. Divide shredded lettuce and tomato among the 6 tortillas. Sprinkle on hot sauce, if desired. Roll up each wrap by folding in the sides and then rolling up the tortilla from the bottom. Cut crosswise at a diagonal. Serve immediately.

# Tofu Banana Yogurt



Don't let this one confuse you. Yes, it's breakfast, but it's reminiscent of dessert. Also, it's made with silken tofu. There's no yogurt involved (kind of like the classic chocolate egg cream drink, a soda fountain favorite that doesn't have any eggs or cream in it). What it does have is soy protein in the form of tofu, paired up with a ripe banana, to get your day off to a good start.

SERVES  
**4**

## INGREDIENTS

- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Soft, drained
- 1 large ripened banana
- 1 teaspoon vanilla extract
- 2 tablespoons agave syrup
- 2 tablespoons lemon juice
- 1 cup granola

## DIRECTIONS

- 1 In a blender, add all ingredients except granola. Puree until smooth.
- 2 Divide between serving dishes.
- 3 Top each serving dish with  $\frac{1}{4}$  cup granola.

# Overnight Egg Casserole



This simple-to-make casserole has earned its name because it is perfect for those occasions when you have overnight guests. You can set it up the night before and bake it the next morning for a delicious breakfast. Serve it with fruit of choice, or a mixed fresh fruit salad.

SERVES  
**12**

## INGREDIENTS

8 eggs  
2 cups unsweetened soymilk  
1 teaspoon salt  
2 teaspoons dry mustard  
1 small onion, chopped  
3 ounces pork sausage  
½ cup TVP  
10 slices wheat or white bread, cubed  
2 cups shredded cheddar cheese  
as needed, nonstick cooking spray

## DIRECTIONS

- 1 In a medium mixing bowl, add the first 5 ingredients; beat until combined. Set aside.
- 2 In a medium sauté pan, add pork sausage and TVP; stir until browned.
- 3 Place bread cubes in a 9x13-inch dish sprayed with nonstick cooking spray, sprinkle with soy meat mixture and then with a sprinkle of cheese. Pour egg mixture over the bread mixture. Place in refrigerator overnight, or at least 6 hours.
- 4 Preheat oven to 350° F. Bake casserole for 1 hour and 15 minutes, or until nicely browned and firm to the touch.

# Tofu Scramble



Start the day with a combination of fresh vegetables and soy protein. This quick but substantial meal idea comes from nutrition expert Sylvia Klinger. Combining the robust flavors of nutritional yeast, turmeric and garlic powder gives a boost to breakfast.

SERVES  
**2**

## INGREDIENTS

- 1 tablespoon soybean oil
- ¼ cup onion, chopped
- 1 cup tomatoes, diced
- 1 (12.3-ounce) Mori-Nu Silken Tofu, Extra Firm
- 2 tablespoons nutritional yeast
- ¼ teaspoon turmeric powder
- ¼ teaspoon garlic powder

## DIRECTIONS

- 1 In a large skillet, heat oil and cook onions and tomatoes until tender. Add block of tofu; smash with a potato masher or a fork. Cook, stirring frequently, for 3 to 5 minutes.
- 2 Add remaining ingredients; cook for a couple more minutes or until well blended. Serve immediately or store in the refrigerator.

# Overnight Chia Pudding



There's no disputing it: Sometimes simplest is best and this breakfast serves as an example. Chia seeds have been cultivated for food for thousands of years in Mexico. Today you can find them in many grocery stores. Protein and fiber are among the nutrition benefits of chia seeds. The addition of soymilk brings them to life in this recipe that practically makes itself. If you make it in the evening, Chia Pudding will be ready in the morning for breakfast. However, you can serve it later in the day as a snack, too. Nutrition expert Sylvia Klinger shares her easy recipe and suggests some of her favorite toppings for the pudding.

SERVES  
**1**

## INGREDIENTS

½ cup vanilla soymilk  
1 tablespoon chia seeds  
as needed for topping: berries, shredded  
coconut, honey

## DIRECTIONS

- 1 In an 8 to 12-ounce Mason-type jar, mix the soymilk and chia seeds. Place in refrigerator overnight.
- 2 At time of serving, top with recommended toppings, or your own favorite additions.

# Green Protein Smoothie



You don't have to wonder how this smoothie created by nutrition expert Sylvia Klinger got its name. The green comes from spinach, and the protein comes from soymilk, silken tofu and peanut butter.

SERVES  
**4**

## INGREDIENTS

2 handfuls of fresh spinach (about 1 ½ cups)  
2 bananas  
3 tablespoons creamy peanut butter  
1 ½ cups vanilla soymilk  
6 ounces Mori-Nu Silken Tofu, Soft  
½ cup ice cubes

## DIRECTIONS

- 1 In a large blender container, blend all ingredients together until smooth. Serve immediately. May add more ice, if desired.

## D.I.Y. Granola



Wake up to the creaminess and crunch of soy yogurt topped with a few tablespoons of granola. Once you begin making your own granola, you can customize it to your own tastes.

SERVES  
**8**

## INGREDIENTS

- 2 cups old fashioned rolled oats (oatmeal)
- ½ cup TVP
- 1 cup shredded coconut
- ¼ cup ground flax seeds (grind flax seeds in a coffee bean grinder if necessary)
- 3 tablespoons soybean oil
- ¼ cup brown sugar
- ⅔ cup mixture of molasses, maple syrup and honey (in any proportion you like, as long as it equals ⅔ cup)
- 1 ½ teaspoons almond extract
- 1 cup of mixed dried fruit: cherries, blueberries, cranberries, chopped apricots, etc.

## DIRECTIONS

- 1 Preheat oven to 350° F.
- 2 In a large bowl, toss the oatmeal, TVP, flax seeds and coconut together.
- 3 Toast this mixture on a sheet pan for 10 to 12 minutes until coconut gets slightly darker. Stir occasionally. Do not let it overbake.
- 4 Transfer the toasted mixture to a large bowl. Add dried fruit and stir well to incorporate so that dry ingredients coat fruit and keep them from sticking together.
- 5 In a small saucepan, combine the soybean oil, honey, brown sugar, molasses, maple syrup and almond extract. Bring mixture to a boil. Cook for 1 minute more.
- 6 Pour boiled mixture over the oatmeal/fruit mixture in bowl. Stir well until all the grains are coated with syrup and the fruit is evenly distributed.
- 7 On a baking sheet, evenly distribute the mixture and bake for 15 to 25 minutes or until mixture just starts to turn darker in color. It needs to be watched closely. Do not let it get too brown because it will be a little too crunchy.
- 8 Transfer the granola to a sheet of wax paper on the counter. Allow it to cool a little, and then separate the clumps.
- 9 Keep the completely cooled granola in a covered container or zip lock plastic bags in the refrigerator or freezer.

# Tofu Breakfast Sandwich



This just might be the next generation of the classic Eggs Benedict breakfast dish. Chef Kerri Rush created this plant protein version. Her creamy dairy free sauce gets its richness from a combination of soymilk and silken tofu.

SERVES  
**5**

## INGREDIENTS

### Sandwich

1 (12.3-ounce) package of Mori-Nu  
Silken Tofu, Firm, drained  
1/3 cup plain soymilk  
2 tablespoons nutritional yeast\*  
2 tablespoons tapioca or chickpea flour\*  
1/4 teaspoon turmeric  
1/2 teaspoon garlic  
1 pinch black pepper  
1 pinch salt

5 English muffins  
10 to 15 fresh spinach leaves  
5 tomato slices  
favorite chips and vegetables

\* If you do not have nutritional yeast or tapioca/chick pea flour on hand, substitute 1/4 cup all-purpose flour and 1 tablespoon white miso in the sandwich filling recipe.

## DIRECTIONS

- 1 Combine the first 8 ingredients in a blender; blend until smooth. Heat a small skillet, sprayed with a small amount of oil, over medium heat. Spoon 1/4 cup batter into the pan. Let it cook on one side for about 3 minutes. Flip it over and cook for approximately 3 minutes more.
- 2 Toast an English muffin. Spread both sides with melted cheeze sauce. Add the patty, and top with fresh spinach and a tomato slice.
- 3 Recipe will make 5 patties that can be stored in the fridge for a week or even frozen for longer. To use just re-heat on griddle or in lightly oiled skillet.

(See next page for Cheeze Sauce instructions)

## Tofu Breakfast Sandwich (continued)

### INGREDIENTS

#### Cheeze Sauce

- ½ cup water
- 1 cup peeled/diced sweet potatoes
- ½ cup chopped onion
- ¼ cup unsweetened soymilk
- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Soft, drained
- ½ cup raw cashews (cover with water and soak for at least 2 hours - drain off water before using)
- 6 tablespoons nutritional yeast flakes
- 1 tablespoon garlic powder
- 1 teaspoon salt
- ¼ teaspoon turmeric powder
- 1 pinch black pepper
- 1 pinch smoked paprika

### DIRECTIONS

- 1 For cheeze sauce: In a medium saucepan, add the first 3 ingredients; bring to boil. Reduce to simmer. Add remaining ingredients, stirring until incorporated. Working carefully with the hot liquid, transfer mixture to a blender; blend until smooth. This yields approximately 1½ to 2 quarts of Cheeze sauce. The sauce can be stored in the refrigerator for a week, or longer in the freezer.

Note: If you're in a hurry, you can also use cheese sauce from a jar or simply add one slice of your favorite cheese.

## Protein Packed Oatmeal



This oatmeal is protein packed, so it will keep you full until lunch. If you're in the mood, dress it up with your favorite dried fruits or nuts and a drizzle of maple syrup.

SERVES  
1

### INGREDIENTS

- ¼ cup TVP
- ¼ cup oatmeal
- ¾ cup unsweetened or vanilla soymilk

### DIRECTIONS

- 1 In a medium microwaveable bowl, add all ingredients.
- 2 Microwave for 2 minutes on high. Remove from microwave. Be careful—it will be hot.

Note: Add dried cranberries, chopped nuts (pecans or walnuts) and or/coconut; stir to incorporate. Stir in maple syrup if desired. Add additional soymilk if desired.

# MAIN COURSES

Make Main Dishes that Shine

For some of us, plant protein may be the new kid on the block, but it sure plays well with others. It seems that no matter the global cuisine, there's a good fit for shelf-stable soyfoods. Whether you incorporate tofu into stuffed pasta shells or add TVP to your favorite meaty sauces, soyfoods complement the taste and texture of some of your favorite recipes. Don't overlook the possibilities for one-bowl meals, either. Check out these inspiring ideas.

## How to Add High-Quality Plant Protein to Main Dishes

Remember: If your goal is to add more plant protein to meals, you don't need to change your recipes, your diet or the way you like to eat.

Thanks to the versatility of soyfoods such as silken tofu, TVP and soymilk, it's simple to add protein to recipes. Shelf-stable soy ingredients go right from your pantry into your favorite meals. When global flavors are at play—as they are when ingredients like miso and soy sauce enter the game—standard recipes take on added depth.

- **Silken Tofu:** Tofu not only works as a main course protein, it also easily replaces some or all of the mayonnaise or sour cream in recipes. Add it to pork chop or turkey stuffing, potato dishes, lasagna and stuffed shells, frittatas and omelets, creamy soups and sauces. One three-ounce serving of silken tofu provides 8.5 grams of protein.
- **Canned Soybeans:** Add fiber and protein to main course stews and soups or chili. It's as easy as opening a can.
- **Soymilk:** One cup of soymilk is a nutrition powerhouse, providing approximately 7 to 8 grams of plant protein. Use plain, unsweetened soymilk to make white sauce, gravies, mashed potatoes or macaroni and cheese. Add vanilla soymilk to slightly sweet dishes such as sweet potato, yam or corn casseroles.
- **Soynuts:** Add a ground soynut crust to chops and seafoods, or sprinkle soynuts on main dish salads. A ¼ cup serving provides 15 grams of protein.
- **TVP:** This fiber-rich, zero fat soyfood offers approximately 11 grams of protein per ¼ cup serving. Increase the protein in crab cakes by replacing a portion of the bread crumbs. Combine TVP with ground beef, pork, turkey or chicken to extend the meatiness of your favorite recipes. For a shortcut, combine ground beef with TVP, then brown the meat mixture and freeze it in zip lock freezer bags. That way, you'll have it on hand to add to batches of chili, pasta sauce, or lasagna. Or, simply add TVP and sausage or taco seasoning to your favorite sauces when there's no ground beef on hand.

# Black and White Chili with Wagon Wheel Pasta



Chef and recipe developer David Bonom and his wife, chef Marge Perry, developed this kid-friendly recipe. It pleases pasta lovers and chili lovers alike.

SERVES  
**6**

## INGREDIENTS

- 2 tablespoons soybean oil
- 3 garlic cloves, minced
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 5 teaspoons chili powder
- 2 teaspoons dried oregano
- 1½ teaspoons ground cumin
- 3 (15-ounce) cans black soybeans, rinsed, drained
- 2 (14.5-ounce) cans diced tomatoes with garlic and onion (use homemade canned or frozen tomatoes, add garlic and onion)
- ½ teaspoon salt
- 12 ounces wagon wheel (or other shaped) pasta
- ¾ cup soy sour cream

## DIRECTIONS

- 1 Heat the oil in a large pot over medium-high heat. Add the garlic, onion, and bell pepper; cook, stirring occasionally, until the vegetables start to soften, 5 to 6 minutes. Stir in the chili powder, oregano and cumin, cook 30 seconds until fragrant.
- 2 Add the canned soybeans, and diced tomatoes; bring the mixture to a boil, reduce the heat to medium-low and simmer, covered, 40 to 45 minutes or until slightly thickened. Remove from the heat, stir in the salt.
- 3 Meanwhile, bring a large pot of lightly salted water to a boil. Add the wagon wheels, cook according to package directions. To serve: divide the wagon wheels among 6 bowls then top with chili. Garnish each with 2 tablespoons of the soy sour cream.

# Orange Tahini Grilled Tofu



The next time you're looking for a simple plant protein main course for one of life's grilling occasions, you're all set. The simplicity of this marinated extra-firm silken tofu is matched only by the depth of Middle Eastern flavors. The recipe comes from Melissa Altman-Traub MS, RDN, LDN. She teaches nutrition at the college level and is a freelance writer who blogs about plant-based recipes and nutrition.

SERVES  
**3-4**

## INGREDIENTS

- 1 tablespoon tahini
- zest of ½ of an orange
- 1 tablespoon fresh-squeezed orange juice
- 1 tablespoon white wine vinegar
- 1 teaspoon reduced sodium soy sauce
- ½ teaspoon za'atar
- ½ teaspoon fresh grated ginger
- ½ teaspoon black pepper
- 1 (12.3-ounce) Mori-Nu Silken Tofu, Extra Firm

## DIRECTIONS

- 1 Combine all ingredients except tofu and stir. Slice tofu into 6 rectangles. Line them up on a plate or in a bowl and coat with marinade. Place in refrigerator for 15 minutes to one hour.
- 2 Preheat electric grill to 400° F. Grill tofu for 10 minutes on each side. If cooking on a charcoal or gas grill, use a grill basket sprayed with nonstick spray and cook over indirect heat for about 5 minutes per side. The tofu should reach at least 165° F.

# Easy Stuffed Shells



Comfort food alert! This recipe from Barb Overlie may become one of your favorite meals because it's simple, yet showy enough for guests. Silken tofu provides a smooth- textured filling, not to mention the benefit of plant protein. You can add thawed, frozen chopped spinach (drained, of course) or meat to the filling. If you want to add 2 cups of ground beef, chicken, turkey or pork, brown it first and drain the fat off before adding it to the tofu mixture.

SERVES  
**6**

## INGREDIENTS

18 large pasta shells  
1 egg  
1 (12.3-ounce) package Mori-Nu Silken Tofu, Soft, mashed  
2 cups shredded mozzarella cheese, divided  
 $\frac{3}{4}$  cups grated Parmesan cheese, divided  
1 (28-ounce) jar of your favorite pasta sauce  
parsley for garnish, optional

## DIRECTIONS

- 1 Cook pasta shells according to package directions; drain. Preheat oven to 350° F. Spray bottom of 13 x 9 x 2-inch glass baking dish with non-stick cooking spray. In large bowl, beat egg. Stir in tofu,  $1\frac{3}{4}$  cups mozzarella cheese and  $\frac{1}{2}$  cups Parmesan cheese.\*
- 2 To assemble, spread 1 cup of the sauce in baking dish. Fill cooked shells with tofu mixture. Arrange filled shells in the baking dish. Pour remaining sauce over shells. Top with remaining mozzarella and Parmesan.
- 3 Bake, covered with foil, until bubbly, about 45 minutes. Uncover and continue cooking until cheese is melted, about 5 minutes. Let stand 5 minutes before serving.

\* If you want to add meat at this point, use 2 cups of cooked ground beef, chicken, turkey or pork; mix well.

# Edamame Ham Frittata



Frittatas make frugality seem elegant. Along with the eggs, you can add leftover cooked pasta, meat, vegetables, and combinations of cheese. When you have them available, combine one cheese that melts well with a sharp cheese. Frittatas have the advantage of being easier to make than omelets, with a firmer texture, due to the fact that they are cooked more slowly over low heat.

SERVES  
**6**

## INGREDIENTS

- 1 tablespoon soybean oil
- ½ cup chopped ham
- ½ cup chopped onion
- 1 ½ cups leftover linguine
- 1 ½ cups shelled edamame, cooked
- ¼ teaspoon garlic salt
- ⅛ teaspoon pepper
- 12 chopped kalamata olives
- ½ cup crumbled queso fresco (fresh Mexican cheese) or ricotta cheese
- 5 eggs, beaten
- ½ cup grated pepper Jack cheese

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Heat oil in a large nonstick skillet over medium heat. Add ham and onion and sauté for 3 minutes. Add linguine; cook for 2 minutes. Add edamame, garlic salt and pepper; cook for 2 minutes. Sprinkle with olives and queso fresco. Pour eggs over the cheese. Cover; cook over medium-low heat for 4 minutes, or until eggs are set.
- 3 Place skillet in oven. Cover; cook for 10 minutes. Sprinkle with Jack cheese; cook for 2 minutes until cheese is melted. Cut into wedges.

# White Chicken Chili



A composite of two favorites—chicken and chili—this hearty meal has all the allure of chili without the tomatoes or chili powder. If you keep the ingredients on hand in your pantry, you’re never more than 15 minutes away from having a meal of White Chicken Chili.

SERVES  
**6**

## INGREDIENTS

- 1 medium onion, finely chopped
- 3 tablespoons soybean oil
- 1 (4-ounce) can chopped green chilies, drained
- 3 tablespoons all-purpose flour
- 2 teaspoons ground cumin
- 2 (15½-ounce) cans black soybeans
- 1 (14½-ounce) can chicken broth
- 1 (12½-ounce) canned chicken, drained
- Shredded Monterey Jack cheese, optional
- Soy sour cream, optional
- Salsa, optional

## DIRECTIONS

- 1 In large skillet, cook onion in oil for 4 minutes or until transparent.
- 2 Add chilies, flour and cumin; cook and stir for 2 minutes.
- 3 Add soybeans and chicken broth; bring to a boil. Reduce heat; simmer for 10 minutes or until thickened.
- 4 Add chicken; cook until hot.
- 5 Garnish with cheese, soy sour cream and salsa if desired.

# Sweet and Sour Chicken and TVP Meatballs



Several global cuisines embrace the balance of sweet and sour flavors: think German sweet and sour cabbage or Chinese specialties such as sweet and sour chicken. This hybrid meatball recipe combines textured vegetable protein and chicken broth in a sweet and sour sauce with pineapple and bell pepper.

SERVES  
**4**

## INGREDIENTS

### Meatballs:

½ cup TVP  
 ⅓ cup chicken broth OR ⅓ cup water and ½  
 teaspoon chicken bouillon granules OR ½  
 chicken bouillon cube  
 1 can (5-ounces) chicken  
 3 tablespoons all-purpose flour  
 1 egg  
 1 tablespoon milk  
 ½ package (2-ounces) onion soup mix  
 ½ teaspoon Worcestershire sauce (optional)

### Sweet and Sour Sauce:

⅓ cup packed brown sugar  
 1 tablespoon cornstarch  
 ⅓ cup vinegar  
 2 tablespoons catsup  
 1 tablespoon water  
 1 can (8-ounce) pineapple chunks in  
 juice  
 1 green pepper, seeded and chopped  
 4 cups cooked rice (white or brown)

## DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 In a medium mixing bowl, stir together TVP, chicken broth and canned chicken (and liquid from can), breaking chicken into small pieces. Let stand 3 minutes. Sprinkle flour over chicken mixture and then using clean hands or a spoon, mix together the egg, milk, onion soup mix and Worcestershire sauce. Shape mixture into 12 (1-inch) balls. Arrange balls on bottom of oiled or sprayed 9x13x2-inch baking pan. Bake until lightly browned and firm to the touch, about 15 minutes.
- 3 While meatballs are baking, make the sauce. In saucepan over medium-low heat, stir together brown sugar, cornstarch, vinegar, catsup and water. Stir in pineapple chunks and juice. Blend. Stir in green pepper, if used. Heat, stirring occasionally, until mixture comes to a boil and is thickened, about 10 minutes. Serve meatballs and sauce over cooked rice.

# Tofu and Edamame Stir-Fry with Thai Coconut Sauce



The sweet and spicy flavors of Thai cuisine come through in this quick dinner that is all pulled together by tofu. Edamame adds vivid green color to the dish. If desired, you can add a few strips of red bell pepper.

SERVES  
**4**

## INGREDIENTS

- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Extra Firm, drained
- 2 cups quick-cooking rice
- 2 tablespoons soybean oil
- 1 tablespoon grated fresh ginger
- 2 garlic cloves, minced
- 1 (16-ounce) package frozen shelled edamame
- 1½ teaspoons curry powder
- ½ teaspoon Thai red curry paste
- ⅓ cup cashews
- 1 cup canned coconut milk
- 4 teaspoons fish sauce
- 2 teaspoons sugar
- ¼ teaspoon salt

## DIRECTIONS

- 1 Set tofu on a plate and cover with a paper towel. Set another plate on top and let stand briefly to extract excess water. Transfer tofu to a cutting board and cut into ½-inch cubes.
- 2 Meanwhile, cook the rice according to package directions.
- 3 Heat 1 tablespoon of the oil in a large nonstick skillet or wok over high heat. Add the tofu and cook, stirring occasionally, until lightly golden, about 5 to 7 minutes. Transfer tofu to a plate and reserve. Return the skillet to the heat and add the remaining oil. Stir in the ginger and garlic; cook 30 seconds. Add the edamame and stir fry for 5 minutes. Add the curry powder and curry paste; cook 1 minute, stirring. Add tofu and cashews; cook 1 minute until hot. Stir in the coconut milk, fish sauce, sugar, and salt. Bring mixture to a boil; cook, stirring occasionally, until slightly thickened, 3 to 4 minutes. Serve over the rice.

# Soybean Chili



Are you ready to feed a crowd? When you have TVP and canned black soybeans within reach, you can make this hardy chili with or without meat.

SERVES  
**6-8**

## INGREDIENTS

- 2 large onions, chopped
  - 1 each large green and red sweet peppers, chopped
  - 1 to 2 tablespoons chili powder (depending on your preferred spice level)
  - 1 teaspoon dried oregano
  - 1 teaspoon garlic salt
  - 2 cans (15 to 16-ounce) black soybeans, rinsed and drained
  - 1 can (14.5-ounce) diced tomatoes with chiles (can use homemade tomatoes and add small can of chilies)
  - 4 cups tomato juice
  - $\frac{3}{4}$  cup dry TVP
  - 8 ounces browned and cooked ground turkey\*
  - as needed for toppings: shredded cheese, sour cream, chopped onion
- 6 to 8 cups cooked pasta, optional

## DIRECTIONS

- 1 In a large Dutch oven, sauté onion and peppers. Add chili powder, oregano and garlic salt; stir to blend. Stir in beans, tomatoes, tomato juice and TVP and cooked, browned ground turkey. Bring to boiling, reduce heat; simmer 40 minutes, stirring occasionally.
- 2 Serve with favorite chili toppings or on top of prepared pasta.

\* If you want to add meat to this recipe, chicken, beef or pork will work as well as ground turkey.

# Spicy Cajun Shrimp with Edamame Mango Succotash



Southern regional cuisine is a national favorite, and this recipe is an example of how adaptable edamame is for American regional cooking. In this case, edamame is a perfect stand-in for lima beans, another Southern staple. The recipe is from chef Doug Hosford of Baton Rouge, Louisiana. Serve it with a side of whipped sweet potatoes.

SERVES  
**4**

## INGREDIENTS

### Shrimp

- 1 pound large shrimp, peeled and butterflied
- 2 tablespoons Cajun seasoning blend or Old Bay Seasoning
- 1 tablespoon soybean oil

### Succotash

- 2 mangos, peeled and diced
- 1 red bell pepper, chopped
- ½ cup chopped green onion
- 1 cup shelled edamame, cooked
- ¼ cup chopped cilantro, optional
- 2 tablespoons lime juice
- 2 teaspoons soybean oil
- ¼ teaspoon salt

## DIRECTIONS

- 1 To prepare shrimp, toss them with seasoning. Heat oil in a heavy skillet over medium high heat. Add shrimp and sauté for 7 minutes or until shrimp are browned and done.
- 2 To prepare succotash, combine all ingredients; toss well. Serve shrimp with succotash.

# Tempeh and Edamame Pizza



It's time for a little plant protein on your pizza. Like edamame, tempeh (fermented soybean cake) freezes well and can sometimes be purchased frozen. The idea for this pizza comes from restaurant owner Tommy Fello of Tommy's Restaurant in Cleveland Heights, Ohio.

**SERVES**  
**3-4**

## INGREDIENTS

### Dough

- 1  $\frac{3}{4}$  cups whole wheat or white flour
- $\frac{1}{4}$  cup soy flour
- 1 tablespoon active dry yeast
- $\frac{3}{4}$  teaspoon sea salt
- 1 cup warm water
- 1 tablespoon soybean oil
- 1 teaspoon honey

### Toppings

- 1 (8-ounce) package tempeh, cut into small cubes
- 6 tablespoons soy sauce
- 2 clove garlic, minced
- 2 teaspoons minced ginger
- 3 bay leaves
- 2 tablespoons soybean oil
- as needed, pizza sauce
- 1 cup shelled edamame
- 1 cup sliced mushrooms
- $\frac{1}{2}$  green pepper, seeded, sliced into strips
- $\frac{1}{2}$  cup green olives
- 1 cup each, shredded Mozzarella and Provolone cheese

## DIRECTIONS

- 1 In a large mixing bowl, add flours, yeast, and salt; mix well. Add water, oil and honey, mix until combined. Cover bowl with moist cloth, place in warm spot for 10 minutes to rise.
- 2 In a small mixing bowl add soy sauce, garlic, ginger, and bay leaves. Stir to blend. Add tempeh; mix. Let marinate for 1 hour. Drain.
- 3 In a small frying pan, over medium heat, add oil. Add tempeh and stir fry until crispy. Place on paper towel to absorb any excess oil; set aside.
- 4 Press dough out onto a 14-inch pizza pan or cookie sheet. Spoon favorite pizza sauce onto dough. Sprinkle fried tempeh cubes, edamame, mushrooms, green pepper and olives onto pizza. Sprinkle shredded Mozzarella and Provolone cheese over the pizza. Bake in preheated 425°F. oven for 15 to 20 minutes or until crust is browned. Cut into 6 to 8 pieces. Serve immediately.

# Edamame Bok Choy Bowl



The recipe comes from Sharon Palmer, MSFS, RDN, The Plant-Powered Dietitian. As she describes the dish, “The savory, umami flavors shine through in this easy, nutritious, plant-based Edamame Bok Choy Rice Bowl. You can whip up this one-dish vegan, gluten-free meal with 6 ingredients and your favorite quick-cooking brown rice in under 20 minutes.” Edamame provides the plant protein for this meal.

**SERVES**  
**4**

## INGREDIENTS

### Brown Rice:

1 cup dried, quick-cooking  
(parboiled) brown rice  
2 cups water\*

### Stir-Fry

1 tablespoon sesame oil  
1 red bell pepper, sliced  
2 cloves garlic, minced  
2 cups frozen shelled edamame, thawed  
6 ounces (about 5 heads) baby bok choy,  
coarsely chopped  
3 tablespoons reduced-sodium soy sauce,  
gluten-free

### Optional Garnish:

1 tablespoon + 1 teaspoon sesame seeds

## DIRECTIONS

- 1 Add quick-cooking brown rice and water\* (follow package directions, may need to adjust amount of water as directed) to a pot or rice cooker, and cook according to package directions (about 15 to 20 minutes).
- 2 While rice is cooking, heat sesame oil in a sauté pan, skillet or wok.
- 3 Add sliced bell pepper and garlic and sauté for 5 minutes.
- 4 Add edamame, bok choy and soy sauce and cook for an additional 3 minutes, just until bok choy is crisp-tender yet bright green.
- 5 Divide cooked rice among 4 large bowls (about  $\frac{3}{4}$  cup each) and top each bowl with one-fourth of the edamame bok choy stir-fry mixture (about  $1\frac{1}{4}$  cups each).

Optional: sprinkle each bowl with 1 teaspoon sesame seeds.

# Southwest Tofu Pasta



Scan this recipe and some mighty appetizing words will jump out at you: Southwest flavors, and Macaroni and Cheese, for starters. But it's the tofu that changes everything, including the nutrition profile. Texture, flavor and color all conspire to make this an unforgettable 20-minute meal. Black beans, corn and salsa are why we call it Southwestern. Tofu is why you'll call it sensational.

SERVES  
**6**

## INGREDIENTS

- 1 box (14.5-ounces) family size macaroni and cheese
- 6 ounces Mori-Nu Silken Tofu, Extra Firm
- 1 to 2 tablespoons soybean oil
- 1 can (15-ounce) black beans
- 1 can (15-ounce) sweet corn
- 1½ cups prepared salsa (about 16 ounces)

## DIRECTIONS

- 1 Heat water in large saucepan to cook macaroni as package directs.
- 2 Meanwhile, cut tofu into cubes; set aside.
- 3 In skillet over medium-high heat, heat oil. Add tofu cubes and stir gently to brown on all sides, about 5 minutes.
- 4 Drain and rinse black beans and corn. In same large saucepan used to cook macaroni, stir tofu, black beans, corn and salsa into macaroni and cheese.
- 5 Heat over medium-low heat until all ingredients are heated through, about 10 minutes. If you wish, serve with additional salsa, shredded cheese or sour cream.

# Spicy Tofu and Mushroom Spaghetti Sauce



Chef Chris Koetke offers this spin on traditional spaghetti sauce. The spiciness comes from a happy collision of mushrooms, onion, garlic, chile flakes, basil and olives. Lightly browned tofu adds texture and protein. Spaghetti makes it a meal.

SERVES  
**6**

## INGREDIENTS

- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Extra Firm, cut into ½" cubes
- ¼ cup soybean oil
- 4 ounces assorted mushrooms, sliced
- ⅓ cup minced onion
- 2 garlic cloves, minced
- 1 teaspoon chile flakes
- 16 ounces tomato sauce
- 3 tablespoons chopped Italian black olives
- ¼ cup chopped fresh basil
- 6 cups hot cooked spaghetti

## DIRECTIONS

- 1 Heat oil in a nonstick skillet over medium heat. Add tofu, sauté until lightly browned. Remove from pan and reserve.
- 2 Add remaining oil, mushrooms, onion and garlic to skillet; sauté 5 minutes.
- 3 Add chile flakes and cook 1 more minute.
- 4 Add reserved tofu and tomato sauce; bring to a simmer.
- 5 Cook for 20 to 30 minutes. Just before serving, add the olives and the basil. Serve over spaghetti with Parmesan cheese.

# Panko and Soynut Crusted Pork Chops with Edamame, Tomato and Basil Relish



The talented late chef Ephraim J. Malag, CFMC, CEC, ACE, created this recipe years before the trend of blending meat with plant proteins. His recipe pairs pork chops with soynuts, and an edamame, tomato and basil relish. This recipe also expands the culinary possibilities for soynuts, used here to crust the pork chops.

SERVES  
**1**

## INGREDIENTS

### Pork Chop

¼ cup flour  
salt and pepper to taste  
1 egg, beaten  
½ cup panko breadcrumbs  
½ cup soynuts, finely chopped  
¼ teaspoon thyme  
¼ teaspoon ground sage  
1 pork chop, bone in or boneless,  
¾-inch thick  
2 tablespoons soybean oil

### Relish

1 small tomato, seeded and cored,  
chopped into small pieces  
2 large basil leaves, finely chopped  
¼ cup shelled edamame, cooked  
2 ounces garlic-infused soybean oil  
salt and pepper to taste  
  
3 stalks asparagus, steamed until crisp  
tender

## DIRECTIONS

- 1 For pork chop: Preheat oven to 400°F. In a wide shallow bowl, combine flour, salt and pepper.
- 2 In another bowl, add egg. In third bowl, add breadcrumbs, soynuts, thyme and sage .
- 3 In order, lightly flour the pork chop, then dip it in egg. Finally, lightly coat it in breadcrumbs and soynuts.
- 4 In an oven-proof sauté pan, add oil, heat until hot (add a few drops of water and if it sizzles, oil is hot enough). Add the pork chop and sauté on each side until golden brown. Put saute pan into oven, (if handle is not heat resistant wrap it in foil). Cook pork to a temperature of 140°-145° F. Remove from oven. Cover with foil.
- 5 Let the pork rest for 5 minutes. Serve with edamame, tomato and basil relish.
- 6 For edamame, tomato and basil relish: In a small saucepan, add tomato, basil, edamame and oil. Over low heat, cook for 10 minutes. Season to taste. Serve with pork chop. Garnish with asparagus.

# Seared Sirloin Steak with Tofu Gnocchi, Vegetables and Edamame



Tofu gnocchi are served as a steak accompaniment in Chef Scott Stroud's recipe. They also work as a plant-centric main course with hearty fall vegetables and edamame.

SERVES  
**4**

## INGREDIENTS

### Spice Rub

- 1 tablespoon fennel seed
- 1 tablespoon mustard seed
- 1 tablespoon salt
- 1 tablespoon sugar
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- white pepper and cayenne to taste
- 4 (6-ounce) sirloin steaks

### Gnocchi

- 20 ounces Mori-Nu Silken Tofu, Firm, drained
- ¼ pound Parmesan cheese
- to taste, salt and pepper
- 2 egg yolks
- 1 ½ cups flour

## DIRECTIONS

- 1 For steak: Heat a small, ungreased sauté pan over high heat. Once warm, place fennel and mustard seeds in pan. Move or shake the pan briskly back and forth to stir and agitate the seeds so they don't stick to the bottom of the pan or burn. (Or, use a wooden spoon to constantly stir the seeds.) Cook the seeds for 3 to 4 minutes, or until they become fragrant and slightly darker brown. Cool. Grind the seeds.
- 2 In a small bowl, combine ground seeds with remaining spices. Coat steak with spice rub and let marinate in the refrigerator for 24 hours.
- 3 In a heated cast iron skillet, sear meat until medium rare, remove. Slice steak very thin, and fan out on 4 serving plates. Add gnocchi, vegetables and sauce.
- 4 Serve Immediately.

For gnocchi:

- 5 In a food processor, add tofu and pulse until tofu is at a fine consistency. Add Parmesan, salt, pepper and egg yolks until well combined. Add flour, blend until a ball is formed.
- 6 Shape small portions of the dough into long ropes. With a knife dipped in flour, cut ropes into ¾-inch pieces. Bring a large pot of lightly salted water to a boil. Drop in gnocchi and cook for 3 to 5 minutes or until gnocchi has risen to the top; drain.

(See next page for continued recipe)

# Seared Sirloin Steak with Tofu Gnocchi, Vegetables and Edamame (continued)



## INGREDIENTS

### Fall Vegetables:

- 1 butternut squash, roasted and cut into bite size pieces
- 3 radishes, sliced
- 2 apples, cored and thinly sliced
- 2 cups Brussels sprouts, blanched
- 2 cups shelled edamame, cooked according to package directions
- 3 tablespoons butter

### Crème Fraîche:

- 2 cups dairy or soy cream
- ½ cup buttermilk

## DIRECTIONS

- 1 For crème fraîche: In a medium bowl, whisk ingredients together and let sit at room temperature for 48 hours or until thick. Refrigerate until needed.
- 2 To serve gnocchi and vegetables: In a large fry pan, add 3 tablespoons butter, melt. Add gnocchi and sauté until golden brown. Add vegetables and stir until coated with butter and lightly browned, Add crème fraîche, reduce to desired consistency. Optional: garnish with truffle oil, and fresh sage. Spoon over meat.

## The Trend of Blends

Traditionally, meals with combined proteins have tilted toward the luxury end of the scale. Think of the surf and turf classic, steak and lobster.

Now, plant protein options have changed that dynamic. Start thinking about combining soyfoods with meat in main courses. Soyfoods easily take their place on the plate alongside beef, turkey, pork or chicken, boosting the protein content of a meal without adding cholesterol.

- Tofu and TVP are good choices for teaming up with meat because all of them are complete proteins. With many affordable, shelf-stable options available, soyfoods are budget-stretchers and meal-enhancers.
- When you're planning main courses, consider combinations like pork and edamame. Or, you can blend ground beef or turkey with TVP.
- It's easy to bolster gravies by incorporating tofu or unsweetened soymilk into the recipe.
- When creating marinades for beef and pork, bring miso or soy sauce into play.
- Edamame is uniquely qualified to serve as both a vegetable course and a center-of-the-plate protein. Not only is it a high-quality source of plant protein, it requires very little preparation. Add edamame to main course salads or pasta and integrate it into your favorite fried rice recipe along with pork or chicken.

# Chicken Marsala



Marsala sauce is traditionally made with mushrooms and Marsala wine from Sicily. This version is smoothed out and enriched by unsweetened soymilk and silken tofu.

SERVES  
**1**

## INGREDIENTS

### Chicken

½ cup brown rice flour  
½ cup soy flour  
1 egg  
1 (6-ounce ) chicken breast  
soybean oil for frying

### Marsala Sauce

½ cup sliced crimini mushroom  
¼ cup sweet marsala wine  
½ cup unsweetened soymilk  
1 tablespoon soybean oil  
½ to 1 teaspoon sugar  
¼ cup chicken stock  
¼ cup Mori-Nu Silken Tofu, Soft  
salt, black pepper and  
granulated garlic to season

## DIRECTIONS

- 1 For chicken: In a small bowl, add rice and soy flour, mix. In a small bowl, add egg, whisk. Place chicken in egg, coat each side. Take chicken out of egg mixture and place in flour, coat each side. Place chicken in deep fat fryer or pan fry until done. Serve immediately with marsala sauce.
- 2 For Marsala sauce: In a small saucepan, add oil, heat. Add mushrooms and sauté mushroom for about 1 minute. Add marsala wine (be careful as the wine will flare up), add rest of ingredients, bring to a boil and boil for 1 minute. Simmer until liquid is reduced by half. Season with salt, black pepper and granulated garlic.

# Four Cheese Lasagna



Fans of white pizza will gravitate toward this version of lasagna. The white sauce gets a boost from silken tofu that contributes plant protein, a creamy texture and a compatibility with the Parmesan, ricotta and mascarpone cheeses. If you're wondering why it's called Four Cheese Lasagna the answer is simple: Tofu is made from soymilk curds, which explains why it functions so well with cheese that is made with milk curds. End of story.

SERVES  
**12**

## INGREDIENTS

- 4 tablespoons butter
- ½ cup chopped onion
- 2 cloves garlic, finely chopped
- 4 tablespoons flour
- 2½ cups 1% low-fat milk or unsweetened soymilk
- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Firm, divided
- 10 ounces grated Parmesan cheese
- 1 cup part skim ricotta cheese
- 1 (8-ounce) container mascarpone cheese or light cream cheese
- ½ cup toasted walnuts, finely chopped
- ¼ cup chopped parsley
- 2 teaspoons minced fresh rosemary
- 1 (8-ounce) package no-boil lasagna noodles

## DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 Melt butter in a large saucepan. Add garlic and onion; sauté for 3 minutes. Stir in flour, whisk well, and cook 2 minutes. Add milk, whisking vigorously. Cook 3 minutes or until thick. Add half of tofu, whisk well.
- 3 Combine remaining tofu, cheeses, walnuts, parsley and rosemary; stir well. Spread 1 cup sauce in a 13x9-inch baking dish. Place a layer of noodles and a layer of cheese mixture over sauce; repeat layering ending with sauce. Cover and bake 30 minutes. Uncover and bake 5 minutes or until browned.

## Pasta Primavera with Edamame



Nutrition expert and author Sylvia Klinger shares this fresh, simple meal that lets each ingredient shine. Edamame provides the soy protein—and continues the green theme.

SERVES  
**6**

### INGREDIENTS

- 1-pound package linguine pasta, uncooked
- 2 teaspoons soybean oil
- 4 garlic cloves, minced
- 2 cups frozen shelled edamame, thawed
- 2 cups broccolini, trimmed
- 1½ to 2 cups grape tomatoes, cut in half
- 2 teaspoons Italian seasoning

### DIRECTIONS

- 1 Cook linguine pasta according to package directions. Drain and set aside.
- 2 Meanwhile, in a large skillet, heat oil and sauté garlic for a ½ minute or until tender. Add edamame, broccolini, and grape tomatoes and cook for a couple minutes or until tender but firm and bright in color. Sprinkle Italian seasoning and serve immediately with pasta.

Note: You may top with cooked chunks of chicken, turkey, pork or beef.

# Grilled Chicken with Three Bean Salad and Spicy Cherry Sauce



Executive chef Terry Conlan created this recipe during his tenure at Lake Austin Spa Resort in Austin, Texas. Sweet and spicy flavors of jams and vinegar play well with the three bean salad. Edamame joins the mix with green beans and white beans.

SERVES  
**4**

## INGREDIENTS

- ½ cup cherry jam
- 2 tablespoons red jalapeno jam
- 3 tablespoons raspberry vinegar
- ⅛ teaspoon salt
- 1 tablespoon soybean oil
- 1 teaspoon red wine vinegar
- ⅛ teaspoon dry mustard
- ¼ teaspoon salt, divided
- ¼ teaspoon ground black pepper, divided
- ½ teaspoon minced chives
- 1 ½ cups trimmed, cooked haricot verts (or regular green beans)
- ¾ cup cooked white beans, cannellini or Great Northern
- ¾ cup cooked shelled edamame
- 2 tablespoons minced shallots
- 8 chicken thighs

## DIRECTIONS

- 1 Combine the first four ingredients in a non-reactive saucepan and cook until the mixture reaches a thin, syrupy consistency. Cool.
- 2 Combine the next six ingredients in a large bowl; add beans and shallots. Toss well.
- 3 Season the chicken with ¼ teaspoon salt and ¼ teaspoon pepper. Grill over charcoal to desired doneness. Place chicken on bean salad, drizzle with cherry syrup.

# DESSERT IDEAS

## Sweet Endings

There's almost always room for dessert. Sometimes a single cookie is all you need, but other occasions call for rewarding yourself in a big way.

You know the drill: You're thinking "I really shouldn't," but then you see something chocolate, or a pumpkin pie, and you give in. Whether it's splurge-worthy sweets or creamy comfort food desserts, it's good to know the ingredients for dreamy desserts are right in your pantry. When you have silken tofu, soymilk and TVP on hand, it's easy to let your culinary imagination run wild.

*Experiment with silken tofu as a dessert shortcut.*



# Silky Lemon Tofu Pudding



Silken tofu is almost magic when it comes to creating quick desserts, but few recipes are as quick as this one.

SERVES  
**8-10**

## INGREDIENTS

- 1 (10-ounce) jar lemon curd
- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Firm
- Garnish with raspberries (or fruit of choice)

## DIRECTIONS

- 1 In a blender, add lemon curd and tofu. Blend until smooth.
- 2 When ready to serve, add lemon mixture to individual graham cracker crust shells.
- 3 Or, layer the pudding in parfait glass with whipping cream or soy whip.
- 4 Garnish with raspberries or fruit of choice and a small mint leaf.

## Five-Minute Rice Pudding



Everyone needs a quick dessert recipe for rainy days or drop-in company. If you have vanilla soymilk and a package of ready-made rice on hand —jasmine, coconut jasmine or brown rice work equally well—this convenient version of rice pudding practically makes itself in the microwave. We think this updated classic tastes like a vacation in a bowl. One thing’s for sure: it’s easy enough to make.

SERVES  
**4**

### INGREDIENTS

- 1 (8.5-ounce) package of microwave rice (Jasmine, Brown, or Coconut Jasmine)
- $\frac{3}{4}$  to 1 cup vanilla soymilk
- $\frac{1}{3}$  cup sugar
- 1 egg or equivalent liquid egg product
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{4}$  teaspoon nutmeg
- 1 teaspoon cinnamon
- $\frac{1}{4}$  cup raisins
- $\frac{1}{3}$  cup shredded coconut

### DIRECTIONS

- 1 Heat rice for 90 seconds, according to package directions.
- 2 In a medium-size bowl, combine cooked rice,  $\frac{3}{4}$  cup vanilla soymilk, vanilla extract, sugar, egg and, if desired, raisins and shredded coconut. Stir well to mix ingredients.
- 3 Divide the rice pudding mixture evenly into 4 ramekins.
- 4 Cook in microwave for 1  $\frac{1}{2}$  minutes; stir and repeat for another 1  $\frac{1}{2}$  minutes. Test for texture and add more vanilla soymilk as necessary if you prefer a more moist rice pudding. Serve warm.

# Blueberry Pecan Dark Chocolate Soy Pudding Crunch



Executive chef David Jensen of Hy-Vee in Urbandale, Iowa, developed this recipe that seems to have elements of several dessert favorites. When chocolate, blueberries and pecans team up with soy protein, how can you lose? TVP, by the way, makes a great crunchy dessert topping.

SERVES  
**6**

## INGREDIENTS

1 ½ cups vanilla soymilk  
4 ounces dark or bitter-sweet chocolate, chopped  
¼ cup sugar  
¾ cup egg substitute  
1 cup fresh or frozen blueberries  
⅓ cup chopped pecans  
as needed, whipped soy topping  
¼ cup TVP

## DIRECTIONS

- 1 In a medium saucepan over low heat, cook soymilk, chopped chocolate, and sugar until chocolate is just melted, stirring constantly. Whisk to blend. Remove from heat and cool 10 minutes. Whisk in egg substitute.
- 2 Place six 6-ounce custard cups in a large baking pan. Divide the blueberries and pecans among the 6 cups. Divide chocolate mixture among filled cups. Add boiling water to the baking pan about halfway up sides of cups. Bake in a 325°F oven 30 to 35 minutes or until knife inserted near center comes out clean. Remove from water and chill.
- 3 Serve topped with whipped topping and sprinkled with TVP

## Elizabeth's Chocolate Pudding Pies



This silky textured filling has high chocolate appeal with the added benefit of silken tofu. Because it is chilled and requires no baking, you'll want to add it to your summertime dessert list. This version is an adaptation of cookbook author Elizabeth Karmel's recipe.

SERVES  
**6**

### INGREDIENTS

- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Firm
- 1 cup confectioner's sugar
- 1 cup Scharffen Berger Cocoa or other best quality cocoa
- 1 tablespoon vanilla
- 6 individual, prepared graham cracker crust pie shells
- ½ pint of heavy whipping cream, whipped
- as needed for garnish, fresh raspberries for garnish
- as needed for garnish, shaved chocolate or mini chocolate chips

### DIRECTIONS

- 1 In a blender, combine tofu, confectioner's sugar, cocoa, and vanilla. Blend until smooth; chill for 30 minutes.
- 2 Spoon into individual pie shells—or dollop into serving dishes—and chill loosely covered in the refrigerator until ready to serve.
- 3 Top with whipped cream and garnish with raspberries and shaved chocolate just before serving.

# Tofu Pumpkin Pie



What happens when trend collides with tradition? If you're talking about tofu-enhanced pumpkin pie, everybody is happy, trendsters and traditionalists alike. Soy-based plant protein gives the ingredient mix an update, while the flavor and texture of traditional pumpkin pie remain intact. This is what we call a win-win holiday dessert.

SERVES  
**8**

## INGREDIENTS

- 1 (12.3-ounce) package Mori-Nu Silken Tofu, Extra Firm
- 1 (15-ounce) can pumpkin
- 2 tablespoons soybean oil
- 2 tablespoons dark molasses
- $\frac{3}{4}$  cup granulated sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{1}{4}$  teaspoon ground nutmeg
- dash of ground cloves
- 9-inch unbaked pie crust

## DIRECTIONS

- 1 Preheat oven to 350° F degrees.
- 2 In a blender or food processor, add tofu, pumpkin, oil, and molasses, blend until smooth. Place in a large bowl.
- 3 Stir in sugar, cinnamon, ginger, salt, vanilla, nutmeg, and cloves; blend.
- 4 Pour into unbaked crust. Bake at 350° F for 50 to 60 minutes or until filling is puffed around the edges. Chill 2 to 3 hours.
- 5 Garnish with whipped topping if desired. Refrigerate leftovers.

# Chocolate Soy Brownies



No brownie mix on hand? No problem. This simple recipe comes from Jim Stillman, a past board member of Iowa Soybean Association. It takes very little time to make and serves as a reminder why brownies have such staying power. Eat these unadorned, dust them with powdered sugar, add icing or give them a starring role in a brownie sundae.

SERVES  
**16**

## INGREDIENTS

½ cup butter  
1 cup sugar  
4 eggs, beaten after each addition  
1 teaspoon vanilla extract  
1 (16-ounce) can chocolate syrup (1 ½ cups)  
⅔ cup all-purpose flour  
⅓ cup soy flour

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 To prepare brownies, beat butter, sugar, and eggs with electric mixer until smooth. Add vanilla, chocolate syrup; stir well. Add flour and soy flour; stir well. Pour batter into 9-inch square pan coated with cooking spray. Bake 20 to 25 minutes, or until a toothpick inserted in center comes out clean.

# Toffee Bars



Coffee-compatible toffee bars are an all-occasion cookie. Chopped soynuts give a slightly different twist to the classic combination of toffee and chocolate—just enough to have you reaching for another one.

MAKES  
**2½**  
DOZEN  
BARS

## INGREDIENTS

- 1 cup butter, softened
- 1 cup firmly packed brown sugar
- 1 egg yolk
- 1 teaspoon vanilla
- ¼ teaspoon salt
- 1 ½ cups all-purpose flour
- ½ cup soy flour
- 1 (4.4-ounce) bar of milk chocolate, melted \*
- ¾ cup chopped soy nuts or chopped pecans

## DIRECTIONS

- 1 Preheat oven to 325°F.
- 2 In large mixing bowl, cream butter until light. Add sugar, egg yolk, vanilla; beat until well blended. Add all-purpose flour and soy flour, mix well.
- 3 Spread dough evenly in a lightly greased 10 x 15 x 2 inch pan. Bake for 12 to 15 minutes. (Watch carefully because cookies brown quickly.)
- 4 Let cookies cool for about 5 minutes. Spread with melted chocolate. Sprinkle with chopped nuts. Cool completely before cutting into bars.

\*If you're baking for chocolate-lovers, you might want to use 2 (4.4-ounce) milk chocolate bars.

# Holiday M&Ms Soy Treats



The beauty of bar cookies—besides the taste, of course—is that they're so convenient to make and easy to store. These look festive, and get some added oomph from TVP. But who's thinking about protein when there's chocolate?

MAKES  
**32**  
BAR  
COOKIES

## INGREDIENTS

- |   |                            |
|---|----------------------------|
| 1 cup butter                              | 1 box Brownie Fudge Mix    |
| $\frac{3}{4}$ cup flour                   | as needed, water and eggs  |
| $\frac{1}{4}$ cup soy flour               | according to directions on |
| 1 cup brown sugar                         | brownie mix box            |
| 1 teaspoon baking soda                    |                            |
| $1\frac{1}{2}$ cups old-fashioned oatmeal |                            |
| $1\frac{1}{2}$ cups TVP                   |                            |
| $1\frac{1}{2}$ cups red and green M&Ms    |                            |
| 1 cup chopped walnuts or pecans           |                            |

## DIRECTIONS

- 1 Preheat oven to 350° F
- 2 In a small bowl place butter, and microwave on High for 1 to 2 minutes until melted.
- 3 In a large mixing bowl add the next 8 ingredients and mix well. Add melted butter; mix well. Mixture should be crumbly. Reserve 2 cups oatmeal mixture; set aside.
- 4 In a well-greased jellyroll pan, place remaining oatmeal mixture and pat into an even layer.
- 5 In a medium-mixing bowl, add brownie mix; add water and eggs according to package directions and mix well.
- 6 Pour brownie mix on top of oatmeal mixture, smooth to an even layer.
- 7 Evenly sprinkle the remaining oatmeal mixture over the brownie mixture.
- 8 Bake for 35 minutes or until a toothpick inserted into the mixture comes out clean. Cool on a rack for 10 minutes; cut into 32 squares.

# Apricot Oatmeal Soy Cookies



Some people may think classic oatmeal cookies can't be improved upon, but you'll know better after you try this snack-worthy version that incorporates TVP, shredded coconut, almonds, dried apricots and cranberries. In fact, they contain so much goodness you should probably have two.

MAKES  
4½

## INGREDIENTS

- |                           |  |
|---------------------------|--|
| 1 cup butter              | 1 ½ cups oatmeal   |
| 1 cup brown sugar         | 1 ½ cups TVP   |
| ½ cup sugar               | 1 cup chopped dried apricots                             |
|                           | ¾ cup dried cranberries                                  |
| 2 large eggs              | ¾ cup coconut, optional                                  |
| 1 cup flour               | ¾ slivered almonds, toasted or<br>chopped macadamia nuts |
| ½ cup soy flour           |  |
| 1 teaspoon baking soda    |  |
| 1 teaspoon cinnamon       |  |
| 1 teaspoon almond extract |  |
| ½ teaspoon salt           |  |

## DIRECTIONS

- 1 Preheat oven to 350° F.
- 2 In a large mixing bowl, beat butter and sugars until creamy.
- 3 Add next 7 ingredients and mix until just blended.
- 4 Stir in remaining ingredients until blended.
- 5 Drop by rounded tablespoons, 2 inches apart, onto ungreased cookie sheet.
- 6 Bake 14 to 15 minutes, or until tops are golden brown. Cool cookies on wire racks.

# Soynut Butter Cookies



These cookies may be destined to be tomorrow's version of a childhood favorite. The recipe is one of the best uses we can think of for a jar of soynut butter, but you may prefer Soynut Butter Pita snacks (page 38).

MAKES  
**32**  
COOKIES

## INGREDIENTS

- 1 ¼ cup all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup butter, softened
- ½ cup soynut butter
- 1 cup firmly packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- ½ cup mini semi-sweet chocolate pieces
- ¼ cup roasted soynuts, pecans or walnuts

## DIRECTIONS

- 1 Preheat oven to 375°F. In a small bowl stir together flour, baking soda, baking powder and salt. In a large mixing bowl beat the butter, soynut butter, brown sugar, egg and vanilla until well blended. Beat in flour mixture until thoroughly mixed. Stir in chocolate pieces and soynuts.
- 2 Drop by rounded teaspoons 2 inches apart onto ungreased cookie sheets.
- 3 Bake 8 to 10 minutes or until lightly browned. Cool on cookie sheet for 2 minutes. Transfer to wire rack.

# Frosted Holiday Cookies



Bite-sized desserts like these cookies are ideal for holiday buffets or for serving with Hot Chocolate (page 226) or Soy Eggnog (page 222) on a cold evening. The sprinkling of chopped soynuts sets off the creaminess of the rich frosting.

MAKES  
**4-5**  
DOZEN

## INGREDIENTS

### Cookies

1 cup shortening  
 ¾ cup brown sugar  
 2 eggs, separated  
 ¼ teaspoon vanilla extract  
 1 ½ cups all-purpose flour  
 1 cup soy flour  
 1 teaspoon baking soda  
 1 teaspoon cream of tartar  
 Pinch of salt  
 1 cup finely chopped soynuts

### Frosting

4 tablespoons butter, softened  
 4 tablespoons soy cream cheese  
 4 tablespoons mascarpone cheese  
 1 cup powdered sugar  
 ½ teaspoon vanilla extract

## DIRECTIONS

- 1 Preheat oven to 350° F. In large mixing bowl, beat shortening, brown sugar, egg yolks and vanilla until well blended. Set egg whites aside.
- 2 In small mixing bowl, stir together flours, baking soda, cream of tartar and salt. Add flours to egg mixture and beat until blended.
- 3 In small bowl, beat egg whites with a fork until just frothy. Form dough into 1-inch balls. Dip dough balls in slightly beaten egg whites and then roll in chopped soynuts. Place on ungreased baking sheet and bake 5 minutes. Remove cookies from oven and press thumb onto top of each cookie to form a small cup. Bake 5 more minutes. Transfer cookies to rack and let cool.

### Frosting

- 4 In medium mixing bowl, add first 3 ingredients, beat well. Start adding powdered sugar until desired consistency. If you wish, tint frosting green or red with food coloring. Drop frosting from tip of spoon into center of each cooled cookie. Sprinkle with additional chopped soy nuts if you wish.

# Gluten-Free Refrigerator Cookies



When you're putting together a cookie tray to serve to guests—or just your own family—this gluten-free recipe is a good all-purpose addition to the mix. It's the creation of Wayne Tudor, General Manager and Wellness Champion at SODEXO, Luther College in Decorah, Iowa.

MAKES  
**1**  
DOZEN  
COOKIES

## INGREDIENTS

- 1/3 cup sugar
- 3 tablespoons soybean oil
- 1/2 teaspoon lemon or almond extract
- 1 cup soy flour
- 2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup water

## DIRECTIONS

- 1 In large mixing bowl, stir together sugar, oil and extract. Sift soy flour, baking powder and salt into the oil mixture. Add water; mix to form a dough.
- 2 Form dough into a log, wrap in plastic wrap and refrigerate for at least 2 hours.
- 3 Preheat oven to 325°F. Unwrap log. Cut dough into 1/4-inch thick slices and bake on greased baking sheet for 15 minutes. Cool on rack.
- 4 Ice the cookies or serve as-is.

# Cinnamon Pecan Cookies



Made with a combination of soy flour and all-purpose flour, these simple cookies—mix, chill, slice and bake—can be served solo. However, they’re also compatible with dessert cheeses, poached pears or sorbet. The recipe comes from Chef Christopher Koetke.

MAKES  
**2**  
DOZEN  
COOKIES

## INGREDIENTS

6 tablespoons butter, softened  
½ cup sugar  
½ cup brown sugar  
1 egg  
1 teaspoon vanilla extract  
1 teaspoon cinnamon  
1 cup soy flour  
1 ½ cups all-purpose flour  
2 teaspoon baking powder  
¼ teaspoon salt  
¾ cup pecan pieces

## DIRECTIONS

- 1 In a large mixing bowl, cream the butter and sugar until light and fluffy. Add egg, vanilla and cinnamon; beat well.
- 2 In small bowl stir together soy and all-purpose flour, baking powder and salt. Add to egg mixture; mix well. Stir in pecans.
- 3 Divide dough in half and roll each half into a log. Wrap both rolls tightly with plastic wrap and chill in freezer for 30 minutes or several hours in refrigerator.
- 4 To bake, preheat oven to 350° F. Unwrap log and cut into ¼-inch thick slices. Arrange on greased baking sheet. Bake until lightly browned, about 10 minutes.

# Wonderful Sour Cream Cookies



The combination of dairy and soy sour cream plus silken tofu land these cookies in a category all their own. When they're iced, though, it takes them to a whole other level. Iced and with candy sprinkles they look like they're ready to serve at a party—and eating them feels like a celebration.

MAKES  
**4**  
DOZEN 2in  
COOKIES

## INGREDIENTS

### Cookies

1 1/2 tablespoons (1 stick plus 3 tablespoons)  
unsalted butter or soy margarine, softened  
1 1/3 cups sugar  
1 egg  
1/4 cup Mori-Nu Silken Tofu, Soft  
1 teaspoon vanilla extract  
3 drops almond extract  
1/3 cup dairy sour cream  
1/3 cup soy sour cream  
3/4 teaspoon baking soda  
2 cups all-purpose flour  
2/3 cup soy flour

### Vanilla Icing

1 1/3 cups sifted powdered sugar  
2 tablespoons vanilla soymilk  
3/4 teaspoon vanilla extract  
1/4 teaspoon almond extract  
candy sprinkles, if desired

## DIRECTIONS

- 1 Preheat oven to 325° F.
- 2 In large mixing bowl, cream butter and sugar at medium speed until light, about 3 minutes. Add egg, tofu and extracts and beat until blended.
- 3 In a small bowl, stir together the sour creams and baking soda (the mixture will foam a little). Add the flours to the butter mixture alternately with the sour cream mixture, beginning and ending with the flour. Do not over mix.
- 4 Drop by level tablespoonfuls onto lightly greased baking sheets, spacing them about an inch apart. Bake until lightly browned around the edges, 10 to 12 minutes. Transfer to a wire rack to cool slightly.
- 5 Vanilla Icing: In a small bowl, stir together the powdered sugar, soy milk, and vanilla and almond extracts until smooth. Spread icing on cooled cookies. Sprinkle with candy sprinkles, if desired.

## Sippable Soy BEVERAGES

Consider soymilk a drink ingredient that helps you incorporate plant protein into the kinds of beverages you are already enjoying. Soymilk is compatible with soda fountain classics such as milkshakes as well as snack-time smoothies, hot chocolate, eggnog, juice drinks and cocktail.

*Add plant protein to your favorite eggnog recipe with soymilk or buy a ready-made version. Enjoy soy eggnog with a splash of brandy any night during the cold winter months. Maybe you'll even want to warm it in the microwave.*



## Tips for Quick Sips

You know how it is when you just can't wait for a cup of hot chocolate? Skip the cocoa powder, forget the chocolate bar—just pour yourself a glass of chocolate soymilk, heat it, add some mini marshmallows and you're good to go.

For a quick holiday drink—or to recapture the holiday mood afterwards—spike some ready-made soymilk eggnog. Silk Nog Original comes in aseptic packages, so you can buy a few cartons when it hits the grocery store and keep it on hand during the holiday season. It's shelf-stable, so you can stock up on it.

# Pomegranate-Cherry Vanilla Soy Smoothie



When you're in the mood for a drinkable snack, you can make this smoothie in less than 5 minutes. It's a snack you can feel good about—combining plant protein, dark sweet cherries and pomegranate juice.

SERVES  
**2**

## INGREDIENTS

6 ounces pomegranate juice, such as Pom, chilled  
1 cup vanilla soymilk, chilled  
½ cup frozen dark sweet cherries  
4 to 5 ice cubes

## DIRECTIONS

- 1 Combine the pomegranate juice, soymilk, cherries, and ice in a blender.
- 2 Process until smooth and pour into two glasses. Garnish with pomegranate seeds if desired or a dollop of soy ice cream.

# Soymilk Eggnog



Traditionally this is a holiday party drink, but the flavor profile makes it a comfort drink on chilly nights any time of the year. Keep in mind that the very simplest way to enjoy eggnog is to buy ready-to-serve soy eggnog. Add nutmeg and cinnamon. Heat in individual microwaveable mugs until warm, and add brandy, rum or bourbon if desired.

SERVES  
**5-6**

## INGREDIENTS

4 beaten eggs  
½ cup sugar  
4½ cups unsweetened soymilk\*  
½ cup soy-based cream or creamer  
2 to 3 teaspoons vanilla extract  
to taste, and for garnish, nutmeg and cinnamon  
for garnish, 5 or 6 cinnamon sticks

## DIRECTIONS

- 1 Combine all ingredients in a blender; blend until smooth. Add spices a little at a time until you get desired flavor. Refrigerate until cold. Serve immediately after cooling.

If warm eggnog is desired, put in individual microwaveable mugs and microwave until warm. If warming in a saucepan, add to a medium saucepan and heat over medium heat until warm. Avoid using high heat—it may cause the eggs to curdle.

If alcohol is desired, add before serving. Options: brandy, bourbon, whiskey, or dark rum.. Garnish with a dusting of nutmeg. Cinnamon stick is a great stir stick.

\* If you use vanilla soymilk instead of plain, you can eliminate the vanilla.

# Edamame Martini



When he was Dean of the School of Culinary Arts at Kendall College in Chicago, Chef Christopher Koetke, CEC, CCE collaborated with Kendall College's evening bartender Brian Wilson at The Dining Room to create this soy-garnished martini. Yuzu and cucumber juices brighten the mix.

SERVES  
**1**

## INGREDIENTS

1 ½ ounce vodka  
 1 ½ ounce cucumber juice\*  
 ½ ounce simple syrup\*  
 ¼ ounce yuzu juice or slightly less lemon juice  
 several drops lemon juice  
 toothpick threaded with the following garnishes:  
 4 to 6 shelled edamame  
 optional, 1 small cube extra-firm pressed tofu wrapped in a slice of pickled ginger

## DIRECTIONS

- 1 Combine all ingredients except threaded toothpick in a shaker with ice. Shake briefly. Pour into martini glass. Place threaded toothpick in the martini and serve.

\* To make cucumber juice, juice whole unpeeled seedless cucumbers using a juicer. Depending on the juicer, it may be necessary to strain the juice through a chinois if the juice is not smooth.

\* To make a medium strength simple syrup, simmer 2 parts water to 1 part granulated sugar. When the mixture is clear, simmer for 1 more minute. Cool before adding to recipe.

# Decadent Soymilk Hot Chocolate



Why do we call it decadent? For starters, some of us consider candy bars guilty pleasures. And doesn't it seem a little like cheating to make hot chocolate just by melting a candy bar into vanilla soymilk? So, to ease your guilt, we recommend customizing this hot chocolate recipe. Add vanilla or almond extract or a splash of Kahlua to the vanilla soymilk, followed by a whipped topping or marshmallows or a peppermint stick....the options go on and on.

SERVES  
**2**

## INGREDIENTS

- 2 cups vanilla soymilk
- 4 ounces of high-quality chocolate bar, morsels or chunks

## DIRECTIONS

- 1 In a small saucepan, over medium heat add soymilk and chocolate, stirring constantly until chocolate is melted.
- 2 If desired, add ½ teaspoon vanilla or almond extract. Serve Immediately. Don't forget the whipped cream.

If you prefer to use a microwave, add soymilk to a microwaveable bowl; heat until warm. Add chocolate bar to warm milk, stir until chocolate is partially melted and return it to the microwave for 1 minute. Stir to make sure the chocolate is melted and evenly distributed.

Note: For a shortcut, simply heat chocolate soymilk in a microwaveable mug until hot.

# Soychata



Drink some plant protein. The classic horchatas consumed in Spain and Mexico start with a liquid that is made by steeping grains, nuts or chufa (a tuberous root from Africa). The drink is sweetened and flavored with vanilla and cinnamon. Our version starts with vanilla soymilk, providing both some sweetness as well as vanilla flavor. (To refresh your memory, plain soymilk is made by soaking, cooking, pressing and grinding soybeans. Some brands of plain, unsweetened soy milk have only two ingredients, water and soybeans.)

SERVES  
**1**

## INGREDIENTS

8 ounce vanilla soymilk  
¼ teaspoon cinnamon  
1 pinch of nutmeg  
1 teaspoon honey  
Optional, for garnish: 1 cinnamon stick.

## DIRECTIONS

- 1 Add ingredients to a glass and stir. If desired, garnish with a cinnamon stick.

Experiment by adding a little lemon, coconut or nutmeg flavors to the mix. For a cocktail version, add vanilla-flavored rum.

# Soy Cow



No, we're not claiming soymilk comes from a cow. Today's retro-hip version of the soda fountain classic Black Cow —also known as a root beer float made with ice cream— is made with vanilla soymilk. It has the added flavor of coffee and perhaps a drop of lime juice. Vanilla soymilk provides creaminess as well as protein.

SERVES  
**1**

## INGREDIENTS

- 1 cup root beer
- ½ cup vanilla soymilk
- ¼ teaspoon coffee extract
- optional, ½ teaspoon lime juice (fresh, or bottled)
- optional, a dollop of ice cream or soy ice cream to float on top

## DIRECTIONS

- 1 Add root beer, vanilla soymilk, coffee extract and optional lime juice to a glass.

If desired, top with a small amount of soy ice cream. To create a cocktail, add a shot of Kahlua.

# Soy Sunrise



This lusciously layered drink is a Tequila Sunrise reinvented. The various ingredients are added in a specified order and gently poured over the back of a spoon to avoid disturbing the layers. It's a bright way to start your day at brunch. If you add tequila before adding the orange juice, you'll have an attractive cocktail.

SERVES  
**1**

## INGREDIENTS

¼ cup strawberry simple syrup  
¼ cup shot of orange juice  
¼ cup of vanilla soymilk  
as needed, 1 tablespoon raspberry flavored seltzer water

## Strawberry Simple Syrup:

½ cup sugar  
1 teaspoon lime juice (fresh-squeezed, or use prepared product)  
½ cup water  
10 large strawberries, washed and stems removed; pureed (do not strain)  
½ teaspoon strawberry extract

## DIRECTIONS

- 1 For strawberry simple syrup: Over medium heat bring mixture to a simmer; continue cooking and stirring for 1 to 2 minutes more. Chill syrup before using.
- 2 To make the drink: Using a clear wine glass or old-fashioned glass, add the strawberry simple syrup mixture to the glass first. Add lime juice, then orange juice. Finish with vanilla soymilk, poured gently over the back of a spoon into the glass. If desired, add a bit of raspberry flavored seltzer water to add fizz to the drink.

# Make-Your - Own Soy Irish Cream Liqueur



We know you're probably not into making your own liqueurs, but this recipe is just for fun. It's amazingly gratifying to be able to serve a homemade dessert drink when you're entertaining. Plus, it's very satisfying to sip it when you're home alone on a cold night. Also, nobody will mind if you add it to your French toast batter.

SERVES  
**4**

## INGREDIENTS

- 1 (14-ounce) can sweetened condensed milk
- 1 cup dairy half and half milk\*
- 1 cup soymilk \*\*
- 1 tablespoon Hershey's syrup
- 1 teaspoon vanilla extract
- $\frac{3}{4}$  cup Irish Whiskey
- $\frac{1}{3}$  cup rum

## DIRECTIONS

- 1 Pour all ingredients into a blender and blend well. Store in the refrigerator. Stir before serving it.

\*Either dairy half and half or soy half and half will work

\*\*Either plain or vanilla soymilk will work depending on the sweetness level you desire.

# The Sippable Snack



Hmmmm....three fruits, one leafy green vegetable, and two types of plant protein. This sounds like a complete drinkable meal made in a blender.

SERVES  
**2**

## INGREDIENTS

15 ounces Mori-Nu Silken Tofu, Firm (1 full package and ¼ of another)  
1 banana, well ripened, peeled  
1 cup frozen peaches  
1 cup fresh spinach (about 1 handful)  
½ cup unsweetened or vanilla soymilk  
2 tablespoons maple syrup (use less if using vanilla soymilk)  
6 raspberries for garnish

## DIRECTIONS

- 1 In a high-speed blender, add all ingredients except maple syrup. Blend until smooth. Taste; add maple syrup to desired sweetness. If a thinner consistency is desired add more soymilk until desired consistency is achieved. Garnish with raspberries. Serve immediately.

Note: This recipe is very flexible. If you would like, add ½ cup frozen mango or pineapple.

# About the Contributors

**Cori Albers**, chef, is with Hy-Vee, the Midwestern supermarket chain headquartered in West Des Moines, Iowa.

**John Andres**, chef, is currently Director of the Iowa Culinary Institute at Des Moines Area Community College (DMACC).

**Joni Bell** is chef/owner of Great Caterers of Iowa in Pleasant Hill, Iowa and The Rib Shack in Knoxville, Iowa.

**David Bonom**, chef and recipe developer, and his wife, chef **Marge Perry**, co-authored *Hero Dinners: Complete One-Pan Meals That Save the Day*. Their work regularly appears in numerous national publications and together they operate their company Vittles & Verbs.

**Celia Bravard**, along with Lauren Grant-Vose, created several recipes when the two of them were interns for The Soyfoods Council while students at Iowa State University. She recently left Conagra to go back to school at the University of Michigan, studying food sustainability.

**Jared Clark** is sous chef at Table 128 Restaurant in Clive, Iowa,

**Terry Conlan** retired from Lake Austin Spa Resort in Austin, Texas, after serving as its executive chef from 1992 to 2011.

**Hannah Elliot**, chef and managing partner at Lola's Fine Kitchen in Ankeny, Iowa, participated in The Soyfoods Council salad dressing recipe contest. Lola's Fine Kitchen offers one-of-a-kind, Filipino-Pakistani fusion cuisine.

**Tommy Fello** is owner of Tommy's Restaurant in Cleveland Heights, Ohio. In operation since 1972, the restaurant specializes in satisfying the tastes of vegetarians, vegans, meat-eaters, those with gluten-free and health-conscious diets, and people who are just plain hungry.

**George Formaro**, chef, a six-time James Beard Award nominee, is the chef and restaurateur behind Des Moines restaurants such as Centro, Malo, South Union Bread Café, Gateway Market and Café, and Zombie Burger. He is also founder of South Union Bakery in Iowa.

**Sheila Hebenstreit** is an agronomist, soybean grower and past farmer director for the Iowa Soybean Association.

**Doug Hosford**, chef, is currently chef/owner of Fat Cow Burgers in Baton Rouge, Louisiana.

**David Jensen, CCC**, chef, is a Certified Chef de Cuisine and executive chef at Hy-Vee Supermarkets.

**Elizabeth Karmel** is a chef and cookbook author. Her most recent cookbook is *Steak & Cake: More than 100 Recipes to Make Any Meal a Smash Hit*.

**Sylvia Klinger, DBA, MS, RD, LDN, CPT** an internationally recognized nutrition expert. As a food and nutrition communications professional, Dr. Klinger is a global nutrition professor, award-winning author and the founder of Hispanic Food Communications. Her latest publication is *The Little Book of Simple Eating*, published in 2018 in both Spanish and English.

**Christopher Koetke, MBA, CEC, CCE, HAAC** is founder/chief consultant at Complete Culinary, LLC in Chicago. Previously he was vice president of the Kendall College School of Culinary Arts in Chicago and vice president of Baltimore-based Laureate Universities International Center of Excellence in Culinary Arts. He is co-author of *The Culinary Professional*, and from 2009-2014, he hosted the Midwest Emmy-nominated TV cooking show, "Let's Dish."

# About the Contributors Continued

**Cherry Madole**, chef/co-owner of The Tangerine Food Company in Des Moines, participated along with Susan Madorsky in The Soyfoods Council salad dressing recipe contest. She is a graduate of the Institute of Culinary Arts Pastry and Baking Program in NYC, and worked in the pastry kitchen at Café Bouloud, NYC, and was a pastry chef at The Champions Club in Omaha.

**Susan Madorsky**, chef/co-owner of The Tangerine Food Company in Des Moines began her culinary career in Portland, Oregon, trained under Jim Dodge at The Stanford Court in San Francisco, and was assistant pastry chef at The Willard Hotel in Washington, D.C. In Iowa, she has been an adjunct instructor of Advanced Baking in the DMACC Culinary Program.

**Ephraim J. Malag, CFMC, CEC, ACE**, (1973 - 2016). The late Chef Malag, who passed away in 2016, was Executive Chef of the Tournament Club of Iowa, Polk City, Iowa, and Grand Falls Casino in Larchwood.

**Paulette Mitchell** is the author of more than a dozen cookbooks, including *The 15-Minute Gourmet: Vegetarian*, *A Beautiful Bowl of Soup* and *The Complete Soy Cookbook*.

**Barb Overlie** of Lake Crystal, Minnesota, has done cooking demonstrations that incorporate soyfoods into familiar recipes.

**Sharon Palmer, MSFS, RDN**, is known as The Plant-Powered Dietitian. She is a widely recognized registered dietitian, accomplished writer, editor, blogger, author, speaker, and media expert. She has authored over 1000 articles in a variety of publications, and her books include *The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health Beginning Today*, and *Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps & 125 Delicious Recipes*.

**Brad Rodish**, formerly owner operator B & C Foods LLC in Des Moines , Iowa area.

**Kerri Rush**, “the wheatgrass girl,” is the owner, farmer and chef at Fresh Wheatgrass Girl Farm in Carlisle, Iowa. She opened up Fresh Café & Market and a Fresh Juice Stand at the Downtown Des Moines Farmers Market in 2006. She specializes in juices, smoothies, plant-based foods including salads and anything that can be made with fresh produce.

**Kevin Scharpf** is chef/owner of Brazen Open Kitchen and Bar in Dubuque, Iowa. He competed on Bravo’s “Top Chef” and was recently part of the USO Celebrity Chef Tour with three other Top Chef alumni.

**Austina Smith** is currently executive chef of Grand Living at Bridgewater in Coralville, Iowa.

**Jim Stillman** is a soybean farmer and past board member of the Iowa Soybean Association.

**Scott Stroud** is the former chef of Centro and other Des Moines restaurants. He has since branched out into other areas of the hospitality industry, using his expertise in the college foodservice segment as well as the regulatory side of the industry.

**Melissa Altman-Traub, MS, RDN, LDN**, teaches nutrition at the college level and is a freelance writer who blogs about plant-based recipes and nutrition.

**Wayne Tudor** is General Manager and Wellness Champion at SODEXO, Luther College, Decorah, Iowa.

**Lauren Grant-Vose** is a trained Culinary Food Scientist and journalist, food writer and photographer. She has worked for a number of food magazines and in numerous test kitchens including America’s Test Kitchen, Cuisine at Home, and Better Homes and Gardens (Meredith Corp). Lauren is the founder of Zestful Kitchen, a food and recipe website which shares wholesome recipes and useful cooking tips.

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