

Soy



FREE EBOOK GUIDE

WWW.SOYFOODSCOUNCIL.COM

10 Easy Ways to Add Soy Protein Daily

Looking for ways to boost protein in your meals? We are sharing 10 ways to add soyfoods, which are high in protein, to favorite dishes so you can consume more high quality protein in your diet. Here is our Soy Protein Guide - Add a serving of soy protein to your own dishes and tag us at @thesoyfoodscouncil

SOY PROTEIN



Edamame
1/2 c = 13g



Tempeh
1/2 c = 15g



Soynut Butter
2 Tbsp = 7g



Miso
1/2 c = 16g



TVP
1/4 c = 12g



Soy Milk
1 c = 8g



Tofu
1/4 c = 5g



Soy Flour
1/2 c = 16g

10 Easy Ways to Add Soy Protein Daily

1. Breakfast Casserole
2. Peaches and “Cream” Tofu French Toast
3. Primevera Edamame Pasta
4. Sweet Potato Tofu Gnocchi
5. Edamame Hummus
6. Rise & Shine Tofu Smoothie
7. Edamame Salad Jar
8. Soynut Butter Banana Muffins
9. Western Tofu Black Bean Cheese Dip
10. Tostadas of Ancho Spiced Potatoes, Warm Corn Salsa, Fresh Goat Cheese, and Tofu Jerky.



POWER UP PROTEIN

**Add Tofu + Soy Sausage
For a Boost of Protein & Flavor**



Breakfast Casserole

RECIPE COURTESY OF:
NATIONAL SOYBEAN RESEARCH LABORATORY,
UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Ingredients

6oz. firm bread, cubed (4-6 slices)
1 Tbsp. soybean oil
1 box (8oz.) soy sausage or pork sausage
1 medium onion, chopped
1 can (4 oz.) chopped mushrooms, drained
1 cup shredded meltable soy cheese (jalapeno jack of cheddar flavor)
5 eggs
1 ½ cups milk
6 oz. (1/2 pkg.) Soft silken tofu
1 tsp. dry mustard
½ tsp. salt
¼ tsp. pepper

Instructions

Coat a 9" x 13" baking dish with cooking spray.
Spread the bread cubes over the bottom of the dish.
Set aside.
Heat the oil in a nonstick skillet and sauté the soy sausage and onion.
As the sausage cooks, break it up with the spatula into small chunks or crumbles.
When done, spread the mixture over the bread cubes in the baking dish.
Sprinkle the mushrooms and soy cheese over them.
Combine the eggs, milk, tofu, dry mustard, salt and pepper in a blender jar and blend until smooth.
Pour over casserole.
Cover the casserole and chill overnight.
Uncover and bake at 350° for 45-50 minutes, until center is set.

Makes 12 servings

9g Protein Per Serving!



BREAKFAST BOOST

**With Tofu Added, Enjoy
French Toast with 8g
Protein per Serving!**

Peaches and “Cream” Tofu French Toast

Ingredients

½ of a (12-oz) package firm silken tofu
3 tablespoons maple syrup
1 tablespoon lemon zest
1 tablespoon lemon juice
1/2 teaspoon vanilla extract
1/4 teaspoon salt
1 1/2 cup frozen peaches, thawed, chopped
1/2 cup skim milk
2 eggs
1/4 teaspoon cinnamon
1 loaf french bread, 2-inch slices, ends trimmed
2 tablespoons butter

Yields: 6 slices

**Calories: 230 Total Fat: 6g, Saturated Fat: 3g,
Cholesterol: 0mg, Sodium: 380 mg, Carbs: 35g,
Dietary Fiber: 2g, Sugar: 11g, Protein: 8g**

There is nothing better than a decadent breakfast treat that nourishes your body. This stuffed french toast is a great way to incorporate protein and start your morning off right. A light topping of powdered sugar is all this french toast needs, but feel free to add your favorite topping.

Instructions

In a blender, combine silken tofu, maple syrup, lemon zest, lemon juice, vanilla, salt and 1/2 cup of the peaches. Blend until smooth. Transfer to a bowl with the remaining peaches. In a medium bowl, whisk together milk, eggs and cinnamon. Slice a pocket in each slice of bread for the filling, about 2/3 the way deep. Spoon in the fruit cream into each slice of bread. Place on a baking sheet. When all slices are stuffed, dip each slice in the egg mixture long enough to coat entire slice. Over medium heat, melt the butter in a large nonstick skillet. When melted, add the french toast and cook until browned, about 3 minutes each side. Serve with a dusting of powdered sugar and peaches, if desired.



BOOST YOUR PASTA

Soy Pasta Carbonara

For this Recipe, you may use a Soybean Pasta, such as Soybean Spaghetti from Simply Nature, or use regular pasta.

Ingredients

- 6 slices of bacon
- 2 eggs
- 1 egg yolk
- ½ c soy milk
- 2 cl garlic, crushed
- ¾ c grated parmesan
- 13 oz soy pasta or pasta
- 1 oz soy margarine
- 1 tbl fresh flat leaf parsley

26g Protein Per 1 cup Serving!
(if using a soybean pasta)

Instructions

Cut the bacon into 1 inch pieces. Cook over low heat for 5 minutes until softened.

Increase the heat and cook until crisp. Remove the bacon, drain on paper towels.

Mix the eggs, yolk, soy milk, garlic and Parmesan in a bowl.

Add the bacon.

Cook the soy pasta in a saucepan of boiling water until al dente.

Drain and return to the pan.

Add the soy margarine and warm through.

Turn off the heat, then add the egg mixture and the parsley and toss well. The heat of the pasta will cook the sauce.

Serve with extra grated Parmesan.



TRY SOMETHING NEW

Tofu Gnocchi

By Chef Scott Stroud, Centro Restaurant
Tofu + Edamame in this Protein-packed Recipe!

Ingredients Gnocchi

1 1/4 pounds silken tofu, drained
1/4 pound Parmesan cheese
Salt and pepper to taste
2 egg yolks
1 1/2 cups flour

Vegetables Ingredients

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

Crème Fraîche Ingredients

2 cups cream
1/2 cup buttermilk

Gnocchi Directions

In a food processor, add tofu and plus 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. Shape small portions of the dough into long ropes. With a knife dipped in flour, cut ropes into 3/4 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.

Crème Fraîche Directions

In a medium bowl, whisk ingredients together and let sit at room temperature for 48 hours or until thick. Refrigerate until needed. To assemble. 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. Spoon Gnocchi into center of plate and cover with sauce and vegetables. Optional-garnish with truffle oil, and fresh sage. Serve immediately. Notes

Yield: 4 servings

44g Protein Per 1 Serving!



Marinated Shrimp Edamame Salad

Ingredients

1 pound medium peeled shrimp, seasoned, cooked, and coarsely chopped
1 cup shelled edamame, cooked according to directions
1 cup halved cherry tomatoes
1 bunch green onions, chopped
2 tablespoons lime juice
1 tablespoon soybean oil
1 teaspoon wasabi paste
1 teaspoon grated fresh ginger or 1/2 teaspoon ground ginger

Instructions

In a medium bowl, combine shrimp, edamame, tomatoes, and green onions. In a small bowl, whisk together remaining ingredients and toss with shrimp mixture. Refrigerate until serving.

Makes 4 (1 cup) servings

Nutritional information per serving:

Calories 229;
Calories from fat 39%;
Fat 6 g Saturated Fat 1.5 g;
Cholesterol 220 mg;
Sodium 297 mg
Carbohydrate 12 g;
Dietary Fiber 4.5 g;
Sugars 6 g;
Protein 28 g

Shrimp and edamame tossed with an Asian-infused vinaigrette bring a burst of fabulous flavors to this quick, easy salad.

28g Protein Per 1 cup Serving!



TRY SOMETHING NEW

Edamame Hummus

Ingredients

- 6 (6-inch) pitas, split in half horizontally
- 1½ cups frozen blanched shelled edamame
- 1 Tbs soybean oil, divided
- ½ tsp salt
- ½ tsp ground cumin
- ¼ tsp ground coriander seeds
- 2 garlic cloves, peeled
- ½ cup fresh flat-leaf parsley leaves
- 3 Tbs tahini (sesame-seed paste)
- 3 Tbs water
- 3 Tbs fresh lemon juice
- 1 tsp soybean oil
- ½ teaspoon paprika

This is a great snack with high protein, low fat, perfect for any age and any occasion

Directions

Preheat oven to 350 degrees. Arrange pita halves in a single layer on oven rack. Bake at 350 degrees for 15 minutes or until crisp; cool completely on wire rack. Break each pita half into about 6 chips. Prepare edamame according to package instructions, omitting salt. Place 1 tablespoon oil, along with salt, cumin, coriander, and garlic in a food processor; pulse 2 to 3 times or until coarsely chopped. Add edamame, parsley tahini, water, and lemon juice; process 1 minutes or until smooth. Spoon hummus into serving bowl. Drizzle hummus with 1 teaspoon oil; sprinkle with paprika.

Yield: 12 servings (serving size: 2 tablespoons hummus and about 6 pita crisps.)
Calories 147 (30%from fat); Fat 4.9 (sat 0.6g, mono 2.2g, poly1.9g); Protein 5.6g; Carb 20.3g; Fiber 2.2g

5.6g Protein Per 2 TBSP Serving!



ENERGY + PROTEIN

Strawberry & Banana Tofu Smoothie

Ingredients

1 lb fresh strawberries (about 1 qt), trimmed and halved
1 ripe banana, cut into pieces
1 cup ice cubes
½ cup soft silken tofu
½ cup orange juice
1 Tablespoons sugar or 1 Squeeze of Honey

Directions

Blend all ingredients in a blender until smooth

Yields 1 Smoothie. 10g Protein Per Serving!



HEALTHY SNACKING

Soynut Butter Banana Muffins

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
- 2/3 cup creamy soy nut butter
- ¼ cup packed brown sugar

Directions

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, soy nut butter and brown sugar. Mix well.

Fold in the dry ingredients and mix just until combined. Spoon the batter into paper-lined or nonstick muffin tins.

Bake in a 400 degree oven for 20 minutes or until firm to the touch. Remove from the pan and let cool on a wire rack.

Yields: 12 Muffins

Calories 220; FAT 10g; Protein 7g;
Carbohydrate 30g; Cholesterol 0mg

7g Protein Per Serving!



PARTY PROTEIN DIP

Western Tofu Black Bean Cheese Dip

Ingredients

8 ounces soy cream cheese, softened
1/2 cup firm silken tofu
1/2 cup plain soymilk
1 egg
1 tablespoon taco seasoning mix
1 cup shredded, cheddar flavored soy cheese
1/4 cup salsa
1/4 cup black soybeans, mashed
Soy sour cream
Soy crisps and/or blue soy chips

Directions

1. Preheat oven to 350 degrees F.
2. Combine soy cream cheese, tofu, soymilk, egg, and seasoning mix until well blended.
3. Stir in shredded soy cheese, salsa and mashed black soybeans.
4. Pour into a 6-inch spring form pan or 1- quart casserole.
5. Bake in a 350°F oven for 30 to 35 minutes or until browned around the edges and a knife inserted near center comes out clean.
6. Cool. Refrigerate. Garnish as desired with soy sour cream, salsa, and black beans and serve with soy crisps and blue soy chips.

60g Total Protein in this Bean Dip!
Great for a Super Bowl Party,
Get-together, or Appetizer



PARTY PROTEIN PLATE

Part One

Tostadas of Ancho Spiced Potatoes, Warm Corn Salsa, Fresh Goat Cheese, and Tofu Jerky

Corn Salsa Ingredients

- 1c Whole kernel Corn
- 4 tbsp Soybean oil
- 1 clove Peeled garlic, minced
- 1 ea Jalapeno pepper
- 1 tbsp Red onion, minced
- 2 tbsp Cilantro, washed and rough chopped
- 1 ea Lime, juiced
- 1 tsp Kosher salt
- 1/2 tsp Black pepper, ground
- 1/2 tsp Cayenne pepper, ground
- 1 tsp Cumin, toasted and ground
- 1 tsp Ancho chili powder

Ancho Potatoes Ingredients

- 2 ea Dried ancho chilies
- 2.1/4# Russet potatoes
- 12oz Milk
- 4oz Plugra butter
- 1 tsp Kosher salt
- 1/2 tsp White pepper, ground

Tofu Jerky Ingredients

- 1/2# Firm Tofu
- 1 c Soy sauce
- 1/2 c Maple syrup
- 1 tbsp Worcestershire sauce
- 1 tbsp Ancho chili powder
- 1 tsp Black pepper, ground
- As needed Low-Linolic Acid Soybean Oil for frying

Tostatdas Ingredients

- 1/2 ea Poblano pepper
- 1/2 ea Red bell pepper
- 1c soybean oil
- 3 ea 12" flour tortillas
- 4.5oz Fresh goat cheese
- 1 tsp Kosher salt
- 1/2 tsp Black pepper, ground

PARTY PROTEIN PLATE

Part Two



Ancho Potatoes Instructions

Place peppers in a small sauce pot and cover with water. Bring to a boil, remove from heat and let stand 30 minutes. Drain, reserving the liquid, and remove stems and seeds. Place the peppers into a food processor and puree smooth, using the reserved liquid to thin as needed. Hold warm. Combine milk and butter in a pot, and warm on the stove until the butter is melted. Peel and dice the potatoes. Place them into a pot and cover with cold water. Bring to a boil and simmer until tender. Drain, and return to the heat to dry the liquid off of them. Puree through a food mill and gradually add the cream mixture until a smooth consistency is achieved. Season with salt and pepper to taste. Fold in the ancho puree and adjust seasoning if needed. Hold warm.

Tostatdas Instructions

Preheat an oven to 335 degrees. Remove the seeds and core from the peppers and cut into thin julienne strips 2" long. In a sauté pan, heat 2 tbsp of the oil, and sauté the pepper strips until soft, seasoning with salt and pepper. Remove from the heat and allow to cool. Using a 2 1/2" pastry cutter cut 24 rounds from the tortillas. Brush each side of the tortillas with the remaining oil and arrange on a parchment lined sheet pan. Top each tortilla round with a thin layer of the ancho potato mixture, then some of the corn salsa, a few strips of the poblano and red bell peppers and a couple of pieces of the tofu bacon. Wrap the pan tightly, and refrigerate until needed. For service, remove the wrap from the pan and place the tostadas in the oven for 9 minutes, or until heated through. Remove, and using two small spoons, or a small scoop, divide the goat cheese amongst them, placing a dollop on top of each one. Serve immediately or hold in a 145 degree hot box.

PARTY PROTEIN PLATE

Part Three



Corn Salsa Instructions

Preheat an oven to 300 degrees. Drain corn well and toss with the 2tbsp's of the oil. Spread out on a sheet pan and place in the oven, cooking approximately 18 minutes, or until the corn has dried a bit, and started to brown slightly. Remove and chill. Cut the stems and seeds from the jalapenos and dice them small. In a large skillet, heat the remaining 2tbsp's of oil. Add the garlic, jalapenos and red onion and sauté to aroma, add the corn and sauté to heat. Season with salt, pepper, cayenne and cumin and ancho powder. Remove from the heat and allow to cool. Toss in the cilantro and lime juice and adjust seasoning. Hold chilled.

Tofu Jerky Instructions

Preheat an oven to 275 degrees. Press tofu by placing it between two pans and pressing it with a weight for 30 minutes to remove excess liquid. Remove and pat dry. Slice tofu approximately ¼ inch thick and marinate slices in ½ cup of the soy sauce for 10 minutes. Heat the oil to 350 degrees in a small pot. While the tofu marinates, mix the rest of the soy sauce, the syrup, Worcestershire sauce, ancho powder and pepper in a sauce pot and bring to a simmer on the stove. Simmer 20 minutes until slightly thick. Fry the tofu slices in the oil a few at a time, cooking until golden brown. Drain on paper towels. Slice the tofu into julienne strips ¼ inch wide. Place these in a bowl, and add the hot soy marinade, tossing the tofu to coat and allowing it to stand in the liquid 2 minutes. Drain the tofu and spread out on a lightly oiled, parchment lined sheet pan to make a single layer. Place this in the oven for approximately 20 minutes, or until the tofu has absorbed most of the liquid and turned a rich dark brown. Remove from the oven and chill.

Ancho Potatoes: Yield 24 (Portion 1.6oz) ; Corn Salsa: Yield 24 (Portion .5oz) ; Tofu Jerky: Yield 24 (Portion .4oz) ; Tostada: Yield 24 (Portion 2.5oz)