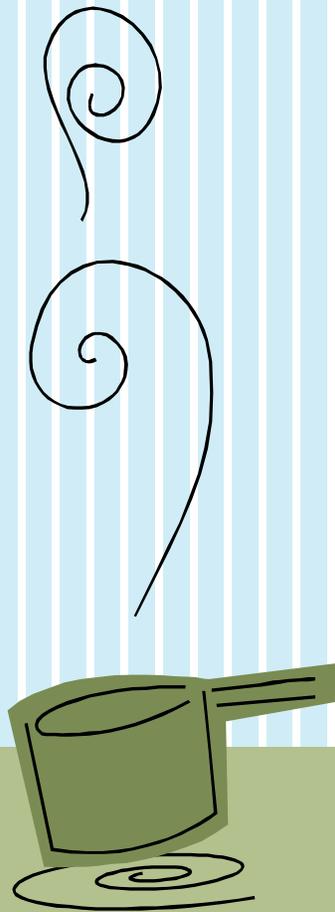


Everyday Soy

A cookbook of
Textured Soy Protein
and
Silken Tofu
Recipes



presented by

The Soyfoods Council

Introduction	1
Appetizers	
Chipotle Peach Tostada Bites.....	4
Breakfast	
Banana Baked Oatmeal.....	5
Peaches and “Cream” French Toast.....	6
Sausage and Spinach Quiche.....	7
Savory Breakfast Rolls.....	8
Toasted Coconut and Chocolate Granola Bars.....	9
TSP Breakfast Gravy.....	10
Yogurt Iced Power Bites.....	11
Main Dishes	
Asian Meatballs with Toasted Sesame Glaze.....	12-13
Buffalo Chicken Sloppy Joes with Blue Cheese Slaw....	14-15
Cajun Stuffed Sweet Potatoes.....	16
Cajun Sweet Potato Burgers.....	17
Creamy Polenta with Apples and Swiss Chard.....	18
Crunchy Asian Wraps with Peanut Sauce.....	19
Falafel Pita with Tzatziki.....	20
Individual Tamale Pies with Spice Soy Filling.....	21-22
Southwestern Baked Burritos.....	23
Side Dishes	
Zucchini Dippers.....	24
Desserts	
Chocolate Covered Cherry Pie.....	25
Mini Lemon Rosemary Pies.....	26

TABLE OF
CONTENTS

This recipe book includes recipes focusing on two Soyfoods: Textured Soy Protein (TSP) and Silken Tofu.

TSP is also known as Textured Vegetable Protein (TVP) and can be found in most major grocery stores. It is most commonly available in the health market section in packages from Bob's Red Mill. The recipes found in this book make TSP more accessible and show how simple TSP is to use and incorporate into the average diet.

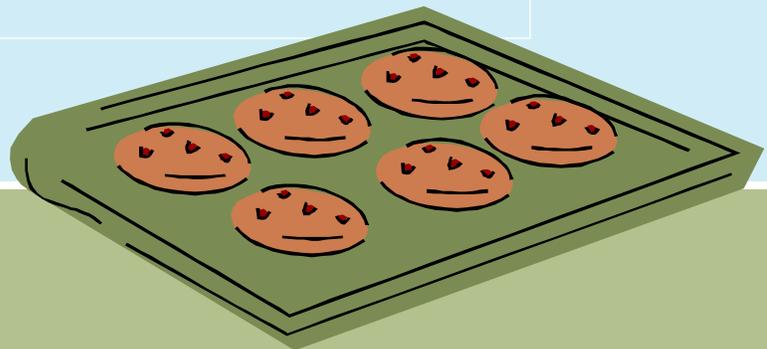
Silken tofu is another incredible soy product. It is also available at most grocery stores, generally stocked in the produce section. Silken tofu's uses are wide and varied. These recipes show the versatility of silken tofu.

We hope these recipes will inspire you to create many unforgettable meals.

Kylie Thompson and Emma Grinde

The Soyfoods Council Recipe Development Interns, Summer 2012

INTRODUCTION



Chipotle Peach Tostada Bites

Serves 8 as an Appetizer or 4 as a Main Dish

These Chipotle Peach Tostadas taste so fresh that they are an ideal summer dish. The salsa is bright in both flavor and color, appealing to multiple senses. Enjoy these light tostadas served as an appetizer or for a light meal.

Peach Salsa

- 1 (15-ounce) can peaches in lite syrup, drained and chopped**
- 1 jalapeno pepper, diced**
- ½ a small red onion, diced**
- 2 tablespoons lime juice**

Chipotle TSP Filling

- 1 cup TSP**
- 1 cup boiling water**
- ½ cup onion, diced**
- 1 teaspoon ground cumin**
- ½ teaspoon ground chipotle pepper**
- 2 cloves garlic**
- ¼ cup ketchup**
- ¼ cup water or vegetable broth**
- ¼ teaspoon salt**
- ¼ teaspoon ground black pepper**
- Cooking Spray**
- 2 cup romaine lettuce, shredded**
- 4 (8-inch) soft whole wheat flour tortilla**

Preheat the oven to 400°F. Cut each tortilla into 8 wedges. Spray a baking sheet with nonstick cooking spray and layout the tortilla wedges so that they do not overlap. Bake the tortillas for 10 minutes or until the tortillas are crisp.

Prepare the peach salsa by combining all ingredients. Mix thoroughly and set aside in the refrigerator. Rehydrate the TSP by adding hot water and mixing until all the TSP has absorbed some liquid. Spray a medium nonstick skillet with cooking spray. Over medium high, cook onion and sauté until tender, about three minutes. Add in spices and garlic, cook for 30 seconds and then stir in TSP. Add ketchup and combine thoroughly with the mixture. Add the water and allow to simmer for a few minutes. Season the filling with salt and pepper.

Spoon some of the filling onto each tortilla wedge and top with lettuce and peach salsa.

Note: If serving as a meal, simplify and skip the cutting of the tortilla into wedge. Bake the full tortilla the same way.

Yield: 32 tostada bites

Calories: 150, Total Fat: 1.5g, Saturated Fat: 0.5g, Cholesterol: 0mg, Sodium: 350mg, Carbohydrates: 27 g, Dietary Fiber: 5g, Sugar: 11g, Protein: 9g

Excellent source of Vitamin A

APPETIZERS

Banana Baked Oatmeal

Serves 6

Banana Baked Oatmeal is the perfect breakfast for any day. Just roll out of bed add a few ingredients to a bowl, mix it up and throw it in the oven. Let it bake while you go about your normal morning routine and let the smell of sweet bananas and warm oats fill the house. Banana Baked Oatmeal will keep you full until lunch with plenty fiber and protein from the TSP and Oatmeal. Serve alongside fresh fruit and yogurt for a complete breakfast.

1/2 cup butter, melted
4 ripe bananas, mashed (about 2 cups)
1/2 cup brown sugar
4 eggs
2 cup milk
2 teaspoons vanilla
3 cups old-fashioned oats
1 cup TSP
2 teaspoons baking powder
1 teaspoon ground cinnamon
¼ cup honey
2 teaspoons lemon juice
¼ cup plain yogurt

Preheat the oven to 325°F and grease a 9x13 inch baking dish with cooking spray. In a medium bowl whisk butter, bananas, brown sugar, eggs, milk, and vanilla until combined. Stir in the oatmeal, TSP, baking powder, and cinnamon; pour into prepared baking dish and bake for 45 minutes or until solid and golden brown around the edges. Cool 5 minutes and slice 2x5. In a small bowl whisk together the honey, lemon juice, and yogurt. Drizzle over baked oatmeal.

Yield: 10 servings

Calories: 370, Total Fat: 13g, Saturated Fat: 7g, Cholesterol: 110mg, Sodium: 250mg, Carbohydrates: 52 g, Dietary Fiber: 5g, Sugar: 28g, Protein: 13g

BREAKFAST

Peaches and “Cream” French Toast

Serves 6

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.

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

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.

Yields: 6 slices

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

Excellent Source of Vitamin C

BREAKFAST

Sausage and Spinach Quiche

Serves 8

Serve this meatless quiche to even your “meat-lovers-pizza” type of family members and they won’t even know they’re being fooled. The TSP mimics sausage, to give the quiche some heartiness, and blends perfectly with the spinach. Served for breakfast, lunch, or dinner, this quiche is sure to be a hit with your family.

½ cup TSP

1/3 cup vegetable broth

¼ teaspoon thyme

¼ teaspoon sage

¼ teaspoon chili powder

3 eggs

1 cup milk

1 tablespoon flour

½ teaspoon black pepper

1 teaspoon onion powder

1 (10 oz.) box frozen chopped spinach, thawed and drained

1½ cup shredded Colby-jack cheese, divided

1 (9 inch) unbaked deep dish pie crust

Preheat oven to 375°F. In a small bowl combine TSP vegetable broth, thyme, sage, and chili powder; let sit 1 minute.

In a large bowl whisk together eggs, milk, flour, black pepper and onion powder. Stir in spinach, spiced TSP and 1 cup cheese.

Pour into pie crust. Cover with aluminum foil and bake 30 minutes. Remove foil, sprinkle with remaining cheese and bake 30 minutes more or until eggs are set and cheese and crust are lightly browned.

Yield: 8 servings

Calories: 270 Total Fat: 15g, Saturated Fat: 7g, Cholesterol: 105mg, Sodium: 330mg, Carbohydrates: 20g, Dietary Fiber: 2g, Sugar: 4g, Protein: 13g

BREAKFAST

Savory Breakfast Rolls

Makes 6 Rolls

The smell of these breakfast rolls has a way of whetting even a sleeping person's appetite. Hot out of the oven these vegetarian breakfast rolls are spiced so nice that anyone would be glad they were awakened for these.

TSP

1/2 Cup TSP

1/2 teaspoon sage

1/2 teaspoon marjoram

1/2 teaspoons thyme

1/2 teaspoons of red pepper flakes

1/2 teaspoon of brown sugar

1/4 teaspoon of salt

1/4 teaspoon of black pepper

Rolls

1/3 cup cheddar cheese, shredded

1/2 small red pepper, seeded and diced

1 can (8 oz) Pillsbury® Crescent Recipe Creations® refrigerated seamless dough sheet

Preheat the oven to 350 °F. In a small bowl, rehydrate the TSP by adding hot water. Add the spices and combine thoroughly. Set aside. Open the crescent dough and unroll. Spread on a layer of TSP, you will not need the entire amount. Cover with cheese and red peppers. Rollup jellyroll style by starting with a short side close to you. When finished rolling, seal the roll by pinching the dough at the seam. Using a serrated knife, cut off the ends and discard. Cut the remaining roll into 6 pieces. Lay rolls on a greased cookie sheet and bake for 20 minutes or until golden. Serve immediately.

Yield: 6 Rolls

Calories: 140, Total Fat: 7g, Saturated Fat: 3.5g, Cholesterol: 5mg, Sodium: 360mg, Carbohydrates: 15 g, Dietary Fiber: 1g, Sugar: 3g, Protein: 6g

Excellent Source of Vitamin C

BREAKFAST

Toasted Coconut and Chocolate Granola Bars

12 servings

When they're done these crunchy on the outside chewy on the inside granola bars can be wrapped up individually in plastic wrap and stored at room temperature for a week. Loaded with fiber and protein, these granola bars make a perfect snack for hungry kids just home from school or breakfast on the go for those mornings when there's just not time to sit down and eat.

1 cup shredded coconut
2 cups old-fashioned oats
2 tablespoons butter, melted
¼ cup brown sugar
2 tablespoons molasses
½ cup honey
2 teaspoons vanilla
2 eggs
½ cup unsweetened applesauce
1½ cups TSP
1½ cup semisweet chocolate chips

Preheat oven to 350°F Spread coconut on a baking sheet and bake for 5-7 minutes stirring halfway through, until they are lightly toasted. Remove from oven and let cool for 10 minutes.

Reduce oven temperature to 300°F and grease a 9x13" pan with cooking spray. In a large bowl add butter, brown sugar, molasses, honey, vanilla and eggs, and applesauce; whisk to combine. Add coconut, oats, and TSP, stir well then press into the prepared pan, making sure the surface is level and corners well packed. Bake for 40 minutes. Let cool 5 minutes, cut 2x6, cool completely in the pan, re-cut if necessary.

Yield: 12 Granola Bars

Calories: 370, Total fat: 15g, Saturated Fat: 9g, Cholesterol: 40mg, Sodium: 35mg, Carbohydrates: 54g, Dietary Fiber: 6g. Sugar: 39g, Protein: 11

BREAKFAST

TSP Breakfast Gravy

Makes 2 cups

Looking for a way to lighten up the ever so decadent and delicious breakfast gravy? This gravy made with TSP instead of sausage lacks no flavor and provides a texture reminiscent of sausage gravy. Enjoy with your favorite homemade biscuits or biscuits from the can.

TSP

1/2 cup TSP

1/2 teaspoon sage

1/4 teaspoon marjoram

1/2 teaspoon thyme

1 teaspoon brown sugar

1/4 teaspoon salt

1/2 teaspoon black pepper

Gravy

2 tablespoons butter

2 tablespoons flour

2 cups milk

In a small bowl, rehydrate the TSP by adding hot water. Add the spices and combine thoroughly. Set aside. Melt the butter in a medium sauté pan over medium heat. When melted, whisk in the flour and allow to cook for about 1 minute. Gradually add the milk. Bring to a boil and then reduce heat to a simmer while stirring continuously. Once the gravy has thickened, remove from heat and stir in TSP. Serve atop your favorite biscuit recipe.

Yields: about 2 Cups

Calories: 90, Total Fat: 4g, Saturated Fat: 2.5g, Cholesterol: 10mg, Sodium: 135mg, Carbohydrates: 8g, Dietary Fiber: 2g, Sugar: 6g, Protein: 7g

BREAKFAST

Yogurt Iced Power Bites

Makes 12 Bites

These Yogurt Iced Power Bites are no joke when it comes to power thanks to the addition of TSP. By providing 3 grams of protein per bite these are the perfect after workout snack to help rebuild those muscles. They would also be a good part of a breakfast on-the-go or an easy after school snack that young helpers can help make! Try dipping the bites in the yogurt to make granola pops or leave off the drizzle entirely.

Power Bites

1/2 cup TSP

2 tablespoons honey

½ cup old fashioned oats

1/4 cup unsweetened applesauce

3 tablespoons creamy peanut butter

¼ teaspoon cinnamon

Yogurt Icing

1 tablespoon butter

1 container vanilla greek yogurt

2 cups powdered sugar

To Prepare Bites: Preheat Oven to 400 degrees and cover a cookie sheet with aluminum foil. In a small bowl combine ½ cup TSP with 2 tablespoons honey. Spread TSP on cookie sheet and bake for 8 minutes. Stir the TSP every 2 minutes. Transfer into a medium bowl with remaining ingredients and mix thoroughly. Shape into 1-inch balls with your hands and set them on a plate or in a container. Move the bites to the refrigerator and allow to harden for at least 1 hour.

To Prepare Coating:

Add butter to a small saucepan and melt over medium-low heat. When melted, whisk in the yogurt and powdered sugar until smooth. Take off the heat and allow to cool slightly. Transfer the coating into a zip top bag. Cut a very small tip off of the bottom of the bag to make a piping bag. Drizzle the bites however you would like. Transfer bites into container and store in freezer.

Serve cold.

Yields: 12 1-inch bites

Calories: 50 Total Fat: 2.5g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 20 mg, Carbohydrates: 5g, Dietary Fiber: 1g, Sugar: 2g, Protein: 3g

BREAKFAST

Asian Meatballs with Toasted Sesame Glaze

Serves 6

Asian Meatballs with Toasted Sesame Glaze are a perfect entrée when served over brown rice, alongside simple sautéed vegetables. They also make a great party appetizer; just place the prepared meatballs in a slow cooker on low and serve with toothpicks for easy portioning. Using half TSP and half ground turkey in these meatballs is a great way to stretch your dollar, because TSP is such an economical choice. TSP is easy to use and adds great texture to the meatballs.

Meatball

1 cup TSP

¾ cup hot water

½ pound lean ground beef

2 eggs

1 teaspoon ground ginger

1 teaspoon toasted sesame seed oil

1 teaspoon garlic powder

½ cup bread crumbs

Toasted Sesame Glaze

1 tablespoon sesame seeds, toasted

1 tablespoon toasted sesame seed oil

½ cup reduced-sodium soy sauce

1¼ cups water, divided

½ teaspoon ground ginger

½ teaspoon onion powder

½ teaspoon garlic powder

2 tablespoons sugar

2 tablespoons cornstarch

½ cup thinly sliced green onions

Asian Meatballs with Toasted Sesame Glaze continued on next page

MAIN DISHES

Continued: Asian Meatballs with Toasted Sesame Glaze

Preheat oven to 375°F, grease 10x15" jelly roll pan or shallow roasting pan with cooking spray. In medium bowl combine TSP and water, let sit for 1 minute: add remaining meatball ingredients. Mix with clean hands and roll into 24 meatballs, about 1½" in diameter. Place meatballs on prepared pan and bake for 20-25 minutes or until lightly browned on edges and cooked through.

Add toasted sesame oil, soy sauce, 1 cup water, ginger, onion and garlic powders, and sugar to a large skillet, over medium-high heat. Whisk for 1 minute, or until sugar is dissolved. In a small bowl combine cornstarch and remaining ¼ cup water, add to sauce. Whisk until glaze boils and thickens slightly; reduce heat to low and stir often until meatballs are done. Add cooked meatballs to the large skillet with glaze. Stir gently to coat all meatballs and simmer meatballs in glaze for 5 minutes. Remove meatballs to a serving platter, drizzle with remaining glaze. Sprinkle with toasted sesame seeds and green onions.

Yield: 6 servings (4 meatballs)

Note: To toast sesame seeds, add seeds to a saucepan or small skillet over medium high heat. Swirl pan frequently until sesame seeds are golden brown and fragrant, about 2-3 minutes.

Calories: 250, Total Fat: 9g, Saturated Fat: 2.5g, Cholesterol: 95mg, Sodium: 640mg, Carbohydrates: 22 g, Dietary Fiber: 3g, Sugar: 10g, Protein: 20g

Excellent Source of Iron

MAIN DISHES

Buffalo Chicken Sloppy Joes with Blue Cheese Slaw

Serves 8

Buffalo chicken wings are a football game favorite especially if they're served with carrots, celery and blue cheese dressing. Buffalo Chicken Sloppy Joes with Blue Cheese Slaw combines all the flavors of the buffalo chicken wing experience into one sandwich. TSP, ground chicken, and cayenne pepper sauce blend to make a mouthwatering base for the sandwich. The slaw, filled with crumbles of blue cheese, cools down the spice of the sloppy joe while adding an awesome crunch to the sandwich. All this piled on a hearty toasted whole wheat bun and dinner is served for game day or any day. Using half TSP, half chicken in this recipe rather than a whole pound of ground chicken saves you \$1.79 every time you make this recipe

8 whole wheat hamburger buns, toasted

Blue Cheese Slaw

½ cup mayonnaise

¼ cup sugar

¼ cup white vinegar

1 teaspoon onion powder

½ teaspoon ground black pepper

½ teaspoon salt

1, 16 oz. bag traditional coleslaw mix

5 oz. blue cheese, crumbled

Sloppy Joe

1 cup TSP

1 cup hot water

1/3 cup butter, divided

2 cloves garlic, minced

¾ cup diced onion

½ pound ground chicken

½ cup cayenne pepper sauce

2 teaspoons Worcestershire sauce

¼ cup water

¼ cup ketchup

Buffalo Sloppy Joes with Blue Cheese Slaw recipe continues on the next page

MAIN DISHES

Continued: Buffalo Sloppy Joes with Blue Cheese Slaw

In a large bowl whisk together mayonnaise, sugar, vinegar, onion powder, black pepper, and salt. Stir in coleslaw mix and blue cheese. Cover and refrigerate for at least 30 minutes.

In a small bowl add hot water to TSP and let sit for 1 minute. Add 1 tablespoon of the butter to a large nonstick skillet and melt over medium heat, add garlic and onions and cook until onions are translucent, 2-3 minutes. Add chicken to TSP, mix well, and add to skillet, use a wooden spoon to crumble the chicken/TSP, cook until chicken is heated through, about 5 minutes. Add remaining butter, cayenne pepper sauce, Worcestershire sauce, water and ketchup; cook 2-3 minutes more until sauce has thickened slightly.

To assemble: scoop about 1/3 cup meat/TSP mixture on bottom of bun, top with about 1/3 cup slaw then cover with top of bun.

Yield: 8 servings

Calories: 500, Total Fat: 29g, Saturated Fat: 11g, Cholesterol: 70mg, Sodium: 1330mg, Carbohydrates: 40 g, Dietary Fiber: 7g, Sugar: 14g, Protein: 21g

Excellent Source of Vitamin C, Calcium and Iron

MAIN DISHES

Cajun Stuffed Sweet Potatoes

Serves 4

These Cajun Stuffed Sweet Potatoes will help you give your body a little extra protein while satisfying your hunger and your taste buds. Silken tofu is used to give these potatoes that familiar creamy texture while eliminating a lot of unneeded fat. Serve these as a quick and easy weeknight meal or impress weekend company!

4 Sweet Potatoes

1 (15-ounce) can black soy beans, drained and rinsed

1 (12-ounce) package firm silken tofu

3/4 cup bell pepper, seeded and diced

2 teaspoons onion powder

1 teaspoon paprika

1/2 teaspoon cayenne pepper

1/2 teaspoon salt

1/4 teaspoon pepper

fresh parsley, for serving

Preheat the oven to 400 degrees. Scrub the outside of the sweet potatoes under cold water. Prick the outside of the potato and wrap in a damp paper towel. Place the sweet potatoes in a microwave safe bowl for 6 minutes. Transfer potatoes to a baking sheet and cook until tender about 20 minutes. Finishing the cooking in the oven allows the potatoes to retain their shape and be restuffed. Allow potatoes to cool.

Place the beans in a medium sized bowl. In a food processor, puree tofu until smooth. Transfer tofu mixture to the bowl containing beans and add in bell pepper and spices.

When the sweet potatoes have cooled, slice them in half lengthwise and scoop out the flesh into a clean bowl and mash. When thoroughly mashed, combine them with the tofu and bean mixture.

Stuff each sweet potato skin with the cajun mixture and place on an ungreased baking sheet. Bake in the oven until hot or about 15 minutes.

Top with fresh parsley and serve.

Yields 8 Potato Halves (2 per Serving)

Calories: 170 Fat: 2.5g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 370 mg, Carbohydrates: 30g, Dietary Fiber: 5g, Sugar: 6g, Protein: 7g

Excellent Source of Vitamin A

MAIN DISHES

Cajun Sweet Potato Patties

Serves 6

These are no ordinary veggie patties. The jalapeño and cayenne pepper give these burgers a kick but don't over power the delicious sweet potato or Cajun flavors. Serve these burgers alongside a simple salad or on a toasted ciabatta bun. For the heat seekers in your family, bump up the cayenne pepper to ½ teaspoon, add a whole minced jalapeño, and substitute Pepper Jack for the Monterey Jack cheese.

1½ cups TSP

1¼ cup hot water

1 large sweet potato (about 1 pound); cooked, peeled, and mashed

2 eggs

¼ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon ground black pepper

¼ teaspoon cayenne pepper

½ teaspoon oregano leaves

½ teaspoon thyme leaves

½ teaspoon salt

½ cup bread crumbs

1 tablespoon minced jalapeño

½ cup diced red pepper

6 slices Monterey Jack cheese (about 1 oz. each)

Preheat oven to 375°F and grease a baking sheet with cooking spray. Add TSP and water to a large bowl and let sit for 1 minute. Add remaining ingredients and mix until spices are evenly distributed. Form into 6 patties, about 3½ inches in diameter. Place on prepared baking sheet. Bake 15 minutes, flip the patties, top each burger with a slice of cheese and bake 10 minutes more.

Yield: 6 servings

Note: If you don't have time to measure out all the spices just use 2 teaspoons of a store bought Cajun seasoning to replace the garlic and onion powders, black and cayenne peppers, oregano and thyme leaves, and salt.

Calories: 290, Total Fat: 11g, Saturated Fat: 6g, Cholesterol: 95mg, Sodium: 470mg, Carbohydrates: 25 g, Dietary Fiber: 6g, Sugar: 7g, Protein: 23g

Excellent Source of Vitamin A, Vitamin C, Calcium and Iron

MAIN DISHES

Creamy Polenta with Apples and Swiss Chard

Serves 4

Traditional polenta is made with butter, cream, and lots of cheese. Silken tofu adds creaminess to it without all the saturated fat of the traditional ingredients, while also significantly increasing the protein content. The apples bring sweet and tart flavors to the party and the kale adds just a slight amount of bitterness to create a symphony of tastes in this vegan entrée.

Apples and Chard

2 teaspoons vegetable oil
1 granny smith apple; cored, peeled and chopped (about 1 cup)
1 medium red onion, chopped (about ¾ cup)
1 bunch Swiss chard (about 1 pound)
2 cloves garlic, minced
½ teaspoon salt
½ cup apple juice
¼ cup vinegar
1 tablespoon sugar

Polenta

1 (12 oz.) box soft silken tofu
½ teaspoon salt
1 teaspoon onion powder
3 cups water
1 cup cornmeal

In a large saucepan, over medium high heat; add the oil, apples and onion. Cook for 3-5 minutes until lightly browned. Rinse Swiss chard and remove stalks, cut into 1 inch slices. Add remaining ingredients, and bring to a boil, reduce heat to low and simmer for 10 minutes with the lid on or until chard is softened. Remove lid and simmer 5 minutes more until liquid has reduced.

Puree tofu until smooth in a food processor. Add tofu, salt, onion powder, and water to a 2 quart saucepan, whisk together. Bring to a boil. Add cornmeal, reduce heat to low, and whisk for 5 minutes or until polenta is very thick.

To serve, place a scoop of polenta on each plate and top with apples and kale.

Yield: 4 servings.

Calories: 330, Total fat: 6g, Saturated Fat: .5 g, Cholesterol: 0 mg, Sodium: 780mg, Carbohydrates: 63g, Dietary Fiber: 7g. Sugar: 23g, Protein: 10g

MAIN DISHES

Crunchy Asian Wrap with Peanut Sauce

Serves 4

Looking for a healthy lunch that lacks no flavor and hides a punch? Enjoy this Crunchy Asian Wrap with Peanut Sauce that has crunchy honeyed nuggets of TSP. Alternatively, you can skip wrap for a fresh side dish or double the Peanut Sauce for some delicious dipping.

Asian Slaw

1/4 cup TSP

1 tablespoons honey

1/4 cup sliced almonds

1 1/2 tablespoons reduced-sodium soy sauce

1 1/2 tablespoons rice vinegar

1/2 tablespoon water

1/4 teaspoon sesame oil

1/8 teaspoon crushed red pepper flakes

Peanut Sauce

2 tablespoons peanut butter

1 teaspoons reduced-sodium soy sauce

1/2 teaspoon brown sugar

1/2 tablespoon lemon juice

2 tablespoons water

1/8 teaspoon garlic powder

1/8 teaspoon garlic powder

1/4 teaspoon ginger powder

3 cups shredded cabbage

4 spinach tortilla wraps

Baby spinach

Preheat the oven to 375°F. Prepare the peanut sauce by blending together all ingredients in a blender. Set aside. In a small bowl, combine TSP and almonds with honey. Spread out on a baking sheet lined with foil. Bake for 8 minutes, stirring every 2 minutes.

Meanwhile, in a large bowl, whisk together the remaining ingredients except for the coleslaw. Add the coleslaw, TSP and almonds to the dressing and toss to combine.

To Assemble Wrap:

On a tortilla make a bed of spinach and top with Asian TSP slaw. Drizzle with 1 teaspoon of peanut sauce. Fold in two parallel sides of the wrap, roll and use a toothpick to secure.

Yield: 4 Wraps

Calories: 200, Total Fat: 8g, Saturated Fat: 1.5g, Cholesterol: 0mg, Sodium: 430mg, Carbohydrates: 25 g, Dietary Fiber: 4g, Sugar: 8g, Protein: 9g
Excellent Source of Vitamin C

MAIN DISHES

TSP Falafel Pita with Tzatziki

Serves 4

One thing that I cannot resist is the light and refreshing taste of from the Mediterranean. I combined those bright flavors with soy to create TSP Falafel with Tzatziki, a twist on this traditional dish. The silken tofu completely replaces the traditional sour cream or yogurt to cut back on fat and add an extra boost of protein. Stuff these falafels into a pita and fill with your favorite toppings to makes a wonderful lunch.

Falafel

1/2 cup falafel mix
1/2 cup TSP
1 1/4 cup water
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon pepper

Tzatziki

½ of a (12-oz) pkg. soft silken tofu
4 cloves garlic
1 tablespoon lemon juice
1 tablespoon olive oil
1/4 teaspoon salt
1/4 cucumber, seeded, minced
2 large whole wheat pitas, cut in half
Tomatoes, lettuce, feta (optional)

Combine all ingredients in a blender, except for the cucumber, until smooth. Transfer to a bowl and mix in the cucumber and tomato. Store in fridge until serving.

Meanwhile make the Falafel. Combine the TSP and falafel mix in a food processor and process until mixture is uniform. Transfer to a bowl and combine with remaining ingredients.

Turn the broiler on high. Using your hands, create 1 1/2-inch balls with the falafel mix. Flatten each ball slightly and place on a baking sheet lined with foil. Coat each side with olive oil. Broil each side of the falafel for 4 minutes.

To assemble a pita, spread sauce on inside of pita. Place three falafels in each pita and top with diced tomatoes, lettuce and/or feta if desired.

Nutritional Facts are for Falafel, Pita and 2 Tablespoons of Tzatziki
Calories: 200 Total Fat: 3.5g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 610 mg,
Carbohydrates: 33g, Dietary Fiber: 6g, Sugar: 3g, Protein: 12g

Good Source of Iron

MAIN DISHES

Individual Tamale Pies with Spicy Soy Filling

Serves 4

The comfort of a tamale can be enjoyed without the amount of time normally spent preparing a traditional tamale. These individual tamale pies are filled with TSP and edamame while providing a perfect amount of heat. These pies are steamed and then baked resulting in handheld cups or a dish to be eaten with a fork. If you are in need of an appetizer try using a mini muffin cup instead to make bite-sized pies. These are great by themselves or you could serve them with any of your favorite Mexican accompaniments, like sour cream or salsa.

Tamale Dough

- 1 cup masa harina**
- 1/4 teaspoon salt**
- 1/4 teaspoon ground cayenne**
- 1/2 teaspoon baking powder**
- 1 cup hot water**
- 1 tablespoons butter, melted**

TSP Filling

- 1 tablespoon olive oil**
- 1 cup TSP (dry)**
- 1 cup onion, chopped**
- 3 garlic cloves, minced**
- 1 poblano pepper, seeded, chopped**
- 1/2 teaspoon ground black pepper**
- 1/2 teaspoon salt**
- 1/4 teaspoon cayenne**
- 1/2 teaspoon chili powder**
- 1 teaspoon cumin**
- 1 can diced tomatoes, no salt added**
- 1 cup frozen edamame**
- 2/3 cup queso fresco**

Preheat oven to 400°F. Prepare a muffin pan by spraying 10 cavities with cooking spray.

To Prepare the Tamale Dough:

Combine the masa harina, salt, cayenne and baking powder stirring well with a fork. Add 1 cup boiling water to masa mixture and stir with a spoon until a soft dough forms. Add butter to masa mixture, stirring until smooth. Cover the bowl and set aside.

Individual Tamale Pie recipe continued on next page

MAIN DISHES

Continued: Individual Tamale Pies

To Prepare TSP filling:

Rehydrate the TSP by adding 1 cup hot water to the TSP.

Heat a medium skillet over medium-high heat. Add olive oil to pan; swirl to coat. Add onion, poblano, salt, black pepper, cayenne, chili powder and cumin to pan; saute 5 minutes or until onion is tender, stirring frequently. Add tomatoes and edamame to pan, and cook for 2 minutes. Add the re-hydrated TSP to pan and combine thoroughly. If the mixture appears dry, feel free to add up to ½ cup water to the pan. Remove from heat.

To Prepare Tamale Cups:

Dollop about 2 tablespoons of masa dough into each prepared muffin cup. Press down and up the sides of the muffin pan so that the dough creates a very thin layer. Spoon about ¼ cup of the filling into each tamale cup.

Cover the tamale pies with foil and bake for 15 minutes. Uncover and bake for 10 minutes more. Remove from the oven and sprinkle queso fresco over each pie.

Yield: 5 Servings (2 Tamale Pies)

Calories: 330, Total Fat: 11g, Saturated Fat: 4g, Cholesterol: 20mg, Sodium: 360mg, Carbohydrates: 36 g, Dietary Fiber: 8g, Sugar: 8g, Protein: 22g

Excellent Source of Vitamin A, Vitamin C, Calcium and Iron

MAIN DISHES

Southwestern Baked Burritos

Serves 8

Southwestern Baked Burritos combine the flavors of fire roasted tomatoes, corn, and spiced TSP and the freshness of cilantro all wrapped in a tortilla and baked til crispy on both sides. Serve the Southwestern Baked Burritos with Ranch Salsa Sauce: ½ cup ranch dressing & ½ cup medium chunky salsa, just mix and refrigerate for at least 30 minutes. This tangy sauce is also great with tortilla chips or drizzled over tacos.

¾ cup TSP

1 teaspoon cumin

2 teaspoons chili powder

1 teaspoon garlic powder

1, 14.5 oz. can fire roasted diced tomatoes

1 tablespoon + 1 teaspoon vegetable oil

1 cup diced onion

1 cup frozen corn

1/3 cup chopped cilantro (optional)

2 cup shredded Colby jack

8 (8-inch) wheat tortillas

Preheat oven to 350°F and grease a baking sheet. In a small bowl combine TSP, cumin, chili powder, garlic powder and tomatoes; let sit until TSP absorbs the liquid from the tomatoes. In a large nonstick skillet over medium high heat add 1 teaspoon oil and onions, sauté until edges are brown. Add spiced TSP and tomato mixture, and corn to the skillet. Reduce heat to medium and cook for 5 minutes until heated through and little liquid remains. Remove pan from the heat and let cool for at least 10 minutes. Stir in cilantro, if using, and cheese.

Place tortillas on a microwavable place and cover with a damp paper towel. Microwave on high for 20 seconds or until tortillas are warm and pliable. Add about 1/3 cup filling to tortilla and roll like a burrito. Place on prepared baking sheet, seam side down. Brush the top and sides with 1 tablespoon remaining oil. Bake 10 minutes, flip and bake 10 minutes more until browned on each side.

Yield: 8 servings

Calories: 310, Total Fat 14g, Saturated Fat: 6g, Cholesterol: 25mg, Sodium: 670mg, Carbohydrates: 32g, Dietary Fiber: 4g, Sugar: 5g, Protein: 15g

MAIN DISHES

Spinach Stuffing Rounds with Cranberry Orange Sauce

Serves 6

Thanksgiving feasts only happen once a year, but the flavors of Thanksgiving can be enjoyed all year long in Spinach Stuffing Rounds with Cranberry Orange Sauce. Store bought stuffing mix, combined with TSP and spinach are baked to create a crispy exterior, while the inside is moist; just like stuffing. The Cranberry Orange Sauce brightens up the Stuffing Rounds with tart cranberries and sweet orange marmalade, making a delicious and easy no-fuss meal. This recipe has plenty of protein to be a main dish but it also works great as a side dish or appetizer, just form the rounds smaller.

Stuffing Rounds

1 cup milk
¼ cup butter, melted
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon Italian seasoning
2 eggs
1 cup TSP
1 (6 oz.) box stuffing mix
1 (10 oz.) box frozen chopped spinach, thawed and drained

Sauce

½ cup orange marmalade
1 (14 oz.) can whole berry cranberry sauce
1/3 cup vinegar

Preheat oven to 350°F and grease a baking sheet with cooking spray. In a large bowl combine milk, butter, garlic and onion powders, Italian seasoning, and eggs, whisk until smooth. Add TSP, stuffing mix, and spinach, stir until evenly distributed. Form into 2 inch rounds, pressing each round together firmly, and place at least ½" apart on prepared baking sheet. Bake for 15-20 minutes until lightly browned on the edges.

Meanwhile in a small sauce pan over medium high heat; add all sauce ingredients, whisking often until cranberry sauce is melted. Reduce heat to low and simmer until rounds are baked.

Serve sauce over rounds.

Yield: 6 servings (12 rounds total)

Calories: 440, Total fat: 10g, Saturated Fat:5 g, Cholesterol: 90mg, Sodium: 610mg, Carbohydrates:73 g, Dietary Fiber: 6g, Sugar: 39g, Protein: 17g

MAIN DISHES

Zucchini Dippers

Serves 6

Zucchini Dippers, breaded and baked zucchini fries, are a great side dish alongside grilled salmon or chicken, but can also be a main dish. TSP in the breading of the Zucchini Dippers adds a punch of protein. They are delicious with warmed marinara sauce, ranch dressing, chipotle mayo, honey mustard, or your favorite sauce. Just make sure that everyone gets a bowl of their own sauce, so they can double dip!

1 large zucchini
2 eggs
½ cup milk
2 teaspoons cayenne pepper sauce
¾ cup flour
3 slices of bread, toasted
¾ cup TSP
1½ tablespoons Italian seasoning
½ teaspoon salt
½ teaspoon ground black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
1/3 cup grated parmesan

Preheat oven to 400°F and grease a baking sheet with cooking spray. Remove and discard ends of zucchini, slice zucchini in 4 inch sticks, resembling thick French fries. In a shallow pan mix eggs, milk, and hot sauce. Add flour to another shallow pan. Add toasted bread, TSP, Italian seasoning, salt, black pepper, onion powder, garlic powder and parmesan to a food processor and pulse until the mixture looks like fine bread crumbs, add to another shallow pan.

Dip zucchini sticks in eggs, then lightly coat in the flour. Add the floured zucchini sticks back to the eggs, gently dip and then the coat in the breadcrumb mixture, pressing crumbs into the zucchini. Set on prepared baking sheet at least ½ inch apart.

Bake for 10 minutes, flip and bake 10 minutes more or until fries are golden brown on all sides.

Yield: approximately 6 servings (5-6 fries per serving)

Calories: 190, Total Fat: 3.5g, Saturated Fat: 1.5g, Cholesterol: 75mg, Sodium: 370mg, Carbohydrates: 26 g, Dietary Fiber: 4g, Sugar: 4g, Protein: 14g

SIDE DISHES

Chocolate Covered Cherry Pie

Serves 8

Enjoy the flavors of chocolate covered cherries in this pie without the painstaking process of actually dipping cherries in chocolate. Just prepare the filling in the food processor, pour into the crust and refrigerate. A traditional pie crust or a chocolate wafer cookie crust would also be delicious with the chocolate covered cherry cheesecake filling.

1 (12 oz.) box firm silken tofu
¼ cup cocoa powder
¼ cup sugar
½ cup chocolate chips, melted
½ teaspoon almond extract
1 prepared graham cracker crust
1 (12 oz.) package frozen dark sweet cherries, thawed and drained, divided
1 cup non-dairy whipped topping

Add tofu to a food processor. Puree until smooth. Add cocoa powder, sugar, melted chocolate chips, and almond extract. Process until mixture is smooth.

Pour 1/3 of the tofu mixture into the pie crust. Reserve 16 cherries for garnish, slice remaining cherries in half, place halved cherries evenly over the tofu mixture. Cover with remaining tofu mixture.

Refrigerate for at least 4 hours before serving. Garnish each slice with whipped topping and reserved cherries.

Yield: 8 servings

Calories: 270, Total Fat: 13g, Saturated Fat: 5g, Cholesterol: 0mg, Sodium: 100mg, Carbohydrates: 36g, Dietary Fiber: 2g, Sugar: 24g, Protein: 6g

DESSERTS

Mini Lemon Rosemary Pies

Makes 30 Mini Pies

Serve these mini pies at your next party and your guests will be asking to take the recipe home. These mini pies are full of the sophisticated flavors of lemon and rosemary, but are deceptively simple to make. Prepare the filling ahead of time and right before your guests arrive fill the mini fillo shells, top with whipped topping and a sprinkle of lemon zest. The crisp shell and creamy filling make for a perfect mouthful on a dessert buffet or at a party.

¾ cup water

2 teaspoons chopped fresh rosemary+30 leaves for garnish

1 (3 oz.) box lemon flavored gelatin powder

¼ cup sugar

6 oz. vanilla flavored candy coating

1 (12 oz.) box firm silken tofu

2 (1.9 oz.) boxes frozen mini fillo shells (30 shells total), thawed

1 cup non-dairy whipped topping

2 teaspoons lemon zest

In a small saucepan, over high heat bring ¾ water to a boil. Turn off heat, add 2 teaspoons chopped rosemary, let sit 5 minutes. Strain water and discard rosemary. Whisk in gelatin powder and sugar until dissolved, let cool to room temperature, about 10 minutes.

Meanwhile melt candy coating according to package directions. Lay a 2 foot piece of waxed paper a clean counter top. Dip the bottom of each fillo shell in the candy coating, covering the shell halfway up the sides. Set on waxed paper to set.

Add tofu to food processor, pulse until smooth, add lemon/rosemary syrup, and pulse until combined. Pour into a bowl, cover and refrigerate for at least 2 hours. Right before serving spoon 1 tablespoon filling into each fillo shell. Spoon 1 teaspoon whipped topping on top of each pie. Sprinkle lemon zest equally over pies and add one rosemary leaf to each mini pie. Serve immediately.

Yield: 30 mini pies

Calories: 70, Total Fat: 2.5g, Saturated Fat: 2.5g, Cholesterol: 0 mg, Sodium: 35mg, Carbohydrates: 10g, Dietary Fiber: 0g, Sugar: 8g, Protein: 1g

DESSERTS

