

Just Add Soy



THE *Soyfoods*
COUNCIL

Linda Funk
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Introduction

Farmers, families, food and our future are all intertwined. Sustainably grown soy foods are good for your health and good for the health of the planet. The following recipe ideas get their goodness from soy ingredients, and the creativity of our recipe contributors. We thank the chefs, dietitians, food professionals, culinary program educators and students, cookbook authors, social media influencers and home cooks for sharing. Together, they show us how to incorporate more plant protein into our daily meals.

In Iowa and North Dakota, the soybean industry plays a crucial role in the state's rich agricultural tapestry. The Iowa Soybean Association (ISA) is driven to deliver increased soybean demand through market development and new uses, farmer-focused research and results, timely information and know-how and policy initiatives enabling farmers and the industry to flourish. The North Dakota Soybean Council (NDSC) is dedicated to advancing soybean farming through innovative research, market development, and education. This commitment supports the state's broader agricultural sector, which includes a diverse range of crops like wheat, corn, flax, and canola.

As you explore this cookbook, you'll find a variety of inspiring recipes featuring soy—a versatile and nutritious ingredient that reflects the dedication of Iowa and North Dakota farmers. By incorporating these appetizing recipes, you're not just enjoying tasty dishes but also supporting a thriving agricultural community that works tirelessly to bring high-quality ingredients from farm to table.

We thank the Iowa Soybean Association, the North Dakota Soybean Council and the soybean checkoff for the generous and enthusiastic support of this cookbook.

—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. Throughout her career, she has consistently earned awards. Early awards include American Home Economics Association "New Faces Recognition" (1984), Wisconsin's Outstanding Home Economist of the Year (1990), and Home Economists in Business (HEIB) recognized her as its Business Home Economist of the Year (1990). In 1995, she was awarded the prestigious International Foodservice Editorial Council's "Betty Bastion Outstanding Service Award," the organization's "Oscar."

In 2011 Linda received the Iowa Family and Consumer Sciences Educators for Progress Award, and recognition for Outstanding Contributions in Promoting Awareness of the Nutritional and Health Attributes of Soy Foods. Her 2012 awards include Fleming's Steakhouse Magnum Club Award for community innovation and leadership and the Oran Beaty Leadership Award, Iowa Association for Career and Technical Education. In 2013 she was recognized with The Friends of FCCLA, and Outstanding Sponsor, Iowa Family, Career and Community Leaders of America honors. She was named Purveyor of the Year by Iowa Restaurant Association (2018), named one of Iowa Restaurant Association's "40 Women to Watch" (2019), and was honored with a "Best in the U.S. Gourmand World Cookbook Award (2022).

The Soyfoods Council is a non-profit organization, created and funded by Iowa soybean farmers, providing a complete resource to increase awareness of soy foods, educate and inform media, healthcare professionals, consumers and the retail and foodservice market about the many benefits of soy foods.

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 12 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. Along with Linda Funk and Jana Strobel, she received a 2022 "Best in the U.S." Gourmand World Cookbook Award.

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, 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. Along with Linda Funk and Gail Bellamy, she received a 2022 "Best in the U.S." Gourmand World Cookbook Award.

Soy Foods Ingredients



CANNED BLACK 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.



EDAMAME

Go green with edamame. (pronounced eh-duh-MAH-meh). As 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.



LIQUID AMINOS

Soy liquid aminos are an unfermented soy seasoning, similar in flavor to soy sauce. Liquid aminos are gluten-free and add umami flavor to vegetables, salad dressings, sauces and rice dishes.

MISO

Add a little umami (savory taste) to your food with one of the three types of miso—white, yellow or red. The darker the color, the more robust the flavor. You'll find this traditional Japanese ingredient in the refrigerated section at many supermarkets. Miso soybean paste is fermented with rice, barley or other grains. It adds personality—and approximately 2 grams of protein per Tbsp.—to your recipes. Nutrition benefits of miso include probiotics—naturally occurring live beneficial bacteria found in fermented foods.



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. 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 the go-to variety when you're making lasagna or creating memorable desserts.



SOY CRUMBLES

Find soy crumbles in the frozen food section of your supermarket. They can be used in place of ground meat in recipes. Add them to spaghetti sauce, casseroles and tacos.



SOY CURLS

Versatile soy curls have the texture of chicken or pork, and they are a simple way to add fiber and protein to meals. Rehydrate these plant-based protein strips in warm water before adding to recipes. They're a convenient, shelf-stable ingredient for fajitas, stir-fry dishes, salads, soup and more. Try them with barbecue sauce in sandwiches.



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.

Soy Foods Ingredients



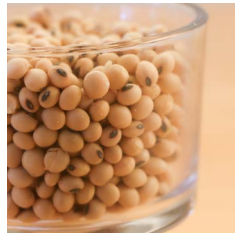
SOYBEAN OIL/VEGETABLE OIL

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.



SOYMILK

Soy milk 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.



SOYNUTS

Roasted soynuts (dry roasted soybeans) offer about 10 grams of protein per ¼ cup serving. Eat them as snacks, combine them with dried fruits to make your own snack mixes, bake them into cookies or dip them in chocolate.



SOY NUT 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 Tbsp. of soynut butter offer about 7 grams of protein.



SOY PROTEIN STRIPS

Made of shelf-stable Textured Vegetable Protein (TVP), these strips come in unflavored or flavored versions. Unflavored protein strips can be soaked in broth before using in recipes.



SOY RICOTTA

This nondairy ricotta is a convenient ingredient for making cheesecake, lasagna, pancakes and cannoli. It contributes to a luxurious finished dish.



TEMPEH

Tempeh (fermented soybean cake) is a soy-based superfood and also a probiotic food. Tempeh has been around for centuries because it has culinary chops, including approximately 18 grams of complete plant protein per serving. Tempeh has a firm, meaty texture and a nutty flavor. When you're talking about it—and we think you will be—pronounce it TEM-pay.



TEXTURED VEGETABLE PROTEIN/TEXTURED SOY PROTEIN (TVP/TSP)

TVP granules—also called Textured Soy Protein (TSP)—are a fiber-rich, zero-fat food. This dried soy protein has a naturally mild flavor. It takes on the flavor of ingredients it is mixed with, such as ground beef or turkey. It typically offers 11 to 13 grams of soy protein per ¼ cup serving. TVP granules are affordable, shelf-stable and widely available. Sprinkle TVP into pasta sauces, make chili or tacos with it, or add it to banana bread, or crumb toppings for baked fruit.



WATER-PACKED TOFU

Tofu is the all-purpose soy food, made of pressed soymilk curds. Between the two basic types of tofu—water-packed and silken—you've got it covered. Think of it as the plant protein version of dairy in recipes. Thanks to its neutral flavor, tofu easily takes on the flavor of sauces, marinades and seasonings. Its consistency ranges from custard-like to cheese-like. Extra-firm water packed tofu—good for stir fry dishes, salads, and grilling—supplies about 8 grams of protein per 3-ounce serving.

SAUCE SENSATIONS

Fans of French cuisine know how much the five mother sauces contribute to timeless favorites. For example, Hollandaise Sauce adds luxurious appeal to Eggs Benedict. Béchamel (white sauce) contributes its creaminess to lasagna and mac and cheese. Soy foods like soymilk, tofu and miso help you slip a little more plant-based goodness into your own saucy recipes. The following suggestions show you how easy it is to create next generation classics.



Plant-Based White Sauce

MAKES 1 CUP

Also called Béchamel, classic white sauce serves as a basic starter ingredient for comfort food favorites including mac and cheese, chicken pot pie and a variety of soups and chowders. This soy-rich version features soybean oil and soymilk rather than butter and dairy milk. Its lighter flavor makes it ideal for adding favorite herbs and spices. Plant-based white sauce uses a bit less fat, and just might become your new best friend in the kitchen. Like soy foods, it plays well with other ingredients.

From Gail Bellamy, Food Writer/Editor and Book Author

Prepared Miso Sauce

MAKES 2 CUPS

Easy and exceptionally versatile, Miso Sauce is something you'll want to keep on hand in the refrigerator. Keep it right next to ketchup and mayonnaise, because you'll probably want to use it just as often—for meat, seafood, vegetables and salad dressings. For a garnish, drizzle it on as you would balsamic glaze.

From Linda Funk, Executive Director, The Soyfoods Council

- 1½ Tbsp. soybean oil
- 2 Tbsp. all-purpose flour
- 1 cup unsweetened soymilk
- Salt and ground black pepper to taste

- 1 In a saucepan over medium heat, combine oil and flour, whisking constantly until the mixture just begins to bubble.
- 2 Add soymilk a little at a time and continue whisking until the sauce thickens. Season as desired.

- 1 cup red miso
- 1 cup mirin
- ½ cups sake
- 1 Tbsp. sugar or honey

- 1 In a small saucepan, add all ingredients. Bring to boil; simmer for 20 minutes or until thickened.
- 2 Cool; store in airtight container in the refrigerator.
- 3 Use with meat, vegetables, or in salad dressings.



Silken Avocado Sauce

MAKES ½ CUP

This luxurious recipe retains its creaminess when you substitute silken tofu for half the whipping cream. Serve this sauce over grilled chicken or seafood.

From Gail Bellamy, Food Writer/
Editor and Book Author

Tomato Vodka Tofu Sauce

MAKES 4 CUPS

This soy-ized version of a popular pasta sauce is made with soybean oil, soymilk, silken tofu and miso, thus proving that even family favorites can be improved upon. Serve it over bowtie pasta or fettuccine. Party-goers have been known to mistake it for a dip, and they enjoyed it with hot-from-the-oven appetizers like breaded cheese sticks, too.

From Gail Bellamy, Food Writer/
Editor and Book Author

- 1 medium avocado, pulp only
- ¼ cup soft silken tofu
- ½ lemon, juice and zest
- ½ tsp. white miso
- ¼ tsp. ground black pepper
- 4 Tbsp. whipping cream, divided

- 1 Pulse all ingredients except 1 Tbsp. whipping cream in a food processor, or blender.
- 2 Add the avocado mixture to a small saucepan; simmer until the sauce reduces by half. Whisk in the reserved Tbsp. of whipping cream just before serving.

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| 2 Tbsp. soybean oil | ¼ cup unsweetened soymilk |
| ¾ cup diced bell pepper | ¼ cup vodka |
| ¾ cup diced onion | 1 tsp. basil paste |
| 2 garlic cloves, minced | 1 Tbsp. miso |
| 2 (14.5 oz.) cans stewed tomatoes | 1 tsp. sweet paprika |
| 3 Tbsp. tomato paste | 1 tsp. salt |
| ½ cup soft silken tofu | 2 tsp. balsamic vinegar |

- 1 In a medium sauce pot or skillet, heat oil. Add bell pepper and onions; sauté until they are translucent. Add minced garlic along with remaining ingredients; simmer for 5 to 10 minutes.
- 2 Allow sauce to cool a bit, then purée using an immersion blender, standard blender or food processor.



Lemon Miso Sauce

MAKES ⅔ CUP

Once you find a good thing—like miso sauce—there’s a tendency to want to explore variations. Well, we’ve made that easy for you with this recipe for Lemon Miso Sauce. It adds bright flavor to chicken, cooked asparagus and other cooked fresh vegetables.

From Linda Funk, Executive Director,
The Soyfoods Council

Silken Horseradish Sauce

MAKES 1 CUP

Traditionally served with roast beef, we think horseradish sauce is also an ideal companion for crab cakes. As a sandwich spread, it complements rich cheeses and robust meats.

From Gail Bellamy, Food Writer/
Editor and Book Author

- 8 oz. soft silken tofu, drained
- 2 Tbsp. Dijon mustard
- 2 tsp. garlic paste
- 2 tsp. white miso
- 1 Tbsp. lemon juice
- ½ tsp. salt
- ½ tsp. pepper

- 1 Combine all ingredients in a microwavable medium bowl; microwave 1 minute, stir.
- 2 Microwave 30 seconds or until warm, stir. Serve immediately.

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|-----------------------------------------------------------------------------------------------|-------------------------------------|
| 2 Tbsp. unsweetened soymilk | ¼ cup grated horseradish from a jar |
| ½ cup fresh breadcrumbs (made with approximately 1-2 slices of bread or a small brioche roll) | ½ tsp. honey mustard |
| | ½ tsp. salt |
| ½ cup soft silken tofu | ¼ cup whipping cream |
| | 1 Tbsp. balsamic vinegar |

- 1 In a small bowl, mix soymilk and breadcrumbs. Set aside.
- 2 In a blender or bowl of a food processor, combine silken tofu, grated horseradish, honey mustard, salt and whipping cream until the mixture is well incorporated.
- 3 Add moistened breadcrumbs and balsamic vinegar, continue to process until mixture is smooth. This sauce keeps in the refrigerator for up to a week.



Miso Caramel Sauce

MAKES 1 CUP

When miso is whisked into homemade caramel, magical things can happen. This umami-rich sauce can dress up everything from French toast at breakfast to roasted butternut squash, apple pie or butter cookies. Use it as a dip for fresh pear or apple slices. It also makes a great drizzle for cake, and embellishes Chocolate Tofu Ice Cream (page 118).

From Chef Kathy Gunst, NPR, "Here & Now." This segment aired on October 16, 2020

- ¾ cup heavy cream
- 3 Tbsp. unsalted butter
- ¾ cup white sugar
- 2 Tbsp. water
- 2 Tbsp. white miso
- ¼ tsp. vanilla extract

- 1 In a medium saucepan heat cream and butter over moderate heat until just bubbling.
- 2 In another medium saucepan mix the sugar and water with a spatula. Place over medium heat; cook without stirring for 5 minutes. Swirl the pan from side-to-side to keep the mixture from sticking; once the mixture turns an amber color remove from heat.
- 3 Very carefully add the warm butter/cream mixture to saucepan; it will bubble up. No fear. Whisk over low heat until smooth.
- 4 Add miso and vanilla into caramel; whisk until smooth. Cook over low heat for 1-2 minutes to make sure the sauce is smooth and warmed through. Serve warm, at room temperature, or chilled.



Apricot Miso Sauce

MAKES $\frac{3}{4}$ CUP

Take roasted or grilled turkey tenderloin to the next level with Apricot Miso Sauce. It's a one-minute wonder sauce. All you need to make it is a jar of apricot preserves, red miso and a microwave oven. End of story.

From Linda Funk, Executive Director,
The Soyfoods Council

$\frac{3}{4}$ cup apricot preserves
2 Tbsp. red miso

- 1 In a small microwavable bowl, add apricot preserves and red miso; mix to blend.
- 2 Microwave for 30 seconds.
- 3 Mix again, microwave for another 30 seconds before serving.



Easy Yakitori Sauce

MAKES ¾ CUP

While yakitori co-stars in dishes like Turkey Yakitori (see Chef Matt Meadows' recipe on page 58), in Japan it is traditionally served as a sauce for grilled chicken skewers. That doesn't mean you can't expand your horizons, though. Try basting grilled vegetables or plant-based chicken with it, too. Your family and friends will thank you.

From Chef Matt Meadows of Isle Casino in Bettendorf, Iowa

Soy Shortcut

Soyfoods and mayonnaise were meant for each other.

- Miso mayo is a quick condiment made by stirring 1 Tbsp. miso into ½ cup mayonnaise. Serve as a dip for fresh or air-fried vegetables, or take grilled cheese sandwiches to a whole new level.
- No tartar sauce on hand? No problem. Teriyaki mayo (1-2 tsp. bottled Teriyaki sauce mixed into ½ cup mayonnaise) makes a perfect accompaniment for grilled tuna.

- 2 Tbsp. white miso
- 2 Tbsp. brown sugar
- 2 cloves garlic, crushed
- 1 Tbsp. ginger root, minced very fine
- ½ cup orange juice
- 1 Tbsp. soy sauce
- 1 tsp. Gochutgaru chili flakes (ground Korean sun-dried chili flakes), optional

Add ingredients to a bowl. Whisk to combine.



Tofu Bearnaise Sauce

MAKES 1½ CUPS

Elevate your grilling and barbecuing menu by serving this warm sauce with grilled beef, grilled vegetables or seafood. It's a contemporary spin on a classic French sauce, made in a blender. This Bearnaise version incorporates silken tofu to enhance the taste and texture. Tofu adds plant protein to the mix too. Chef Perez created the sauce recipe to complement a specialty of Herb and Pistachio-Crusted Beef Tender with Tofu Bearnaise, Carrots and Parsnip Purée. (See page 74)

From Executive Chef David Perez of Hyperion Field Club in Johnston, Iowa

- 2½ (12.3 oz.) packages firm silken tofu
- 2 Tbsp. lemon juice
- ¼ cup dry sparkling white wine
- ¼ cup soybean oil
- 1 Tbsp. fresh tarragon, chopped
- ⅛ tsp. turmeric
- 3 dashes of hot sauce
- salt and pepper, to taste

- 1 In a blender, add ingredients.
- 2 Blend until smooth.
- 3 Heat sauce just before serving.



Cheezy Tofu Sauce

MAKES 2 CUPS

Look no further if you're in search of an all-purpose plant-based sauce that can be used as a dip, a versatile appetizer ingredient, or just served over toast with a slice of grilled tomato. Silken tofu isn't a show-off ingredient, but it seems to bask in the spotlight here with the flavor and creaminess of the sauce. For a spicy queso add chopped pickled jalapeños.

From Greg and Lisa Cook of 4e Winery in Mapleton, North Dakota

- 1 (14 oz.) package soft silken tofu
- 1 tsp. kosher salt
- ½ tsp. garlic powder
- 1½ tsp. onion powder
- ½ tsp. smoked paprika
- ¼ tsp. white pepper
- ¼ tsp. turmeric
- 2 Tbsp. tapioca starch (may substitute cornstarch or potato starch)
- ½ cup nutritional yeast
- 1 Tbsp. white miso
- 1 tsp. Dijon mustard
- 1 Tbsp. lemon juice
- 1 Tbsp. white wine vinegar
- ½ cup soymilk

- 1 In a blender add all ingredients; blend well. Transfer to a heavy bottomed pan.
- 2 Heat on medium heat and cook, stirring until it thickens, about 4 to 5 minutes. If sauce is too thick, add more soymilk a Tbsp. at a time until sauce reaches desired consistency.



SANDWICHES, WRAPS, & ROLLS

The following recipes have more than soy protein in common—although they do demonstrate the versatility of soy foods.

Sandwiches, wraps and rolls are all casual classics, convenient to transport and easy to eat. You'll note the ideas are inspired by world cuisines. Street food favorites like quesadillas, burritos and tacos have grab-and-go appeal. Spring rolls and cabbage rolls are fun to share, which is why they remain popular appetizer choices. All the recipes invite experimentation, and you can easily customize them by adding your own favorite ingredients.



Carne Asada-Style Soy Tacos

MAKES 4 SERVINGS

Tacos naturally seem to encourage adventurous combinations. That's good, because soy foods come in many shapes and styles to provide complete plant protein. Among the options for taco fillings are soy curls that take on the same flavors used to season meats and chicken. In this recipe, soy curls are infused with the robust flavors of traditional carne asada, balanced with notes of citrus and cilantro.

From Cosette Quillin, 2024 North Dakota Soybean Council Soy Foods Recipe Contest winner, from North Dakota State College of Science, Culinary Arts

- 1 package soy curls
- ½ cup soybean oil
- ¼ cup reduced sodium soy sauce
- ¼ cup freshly squeezed orange juice
- 2 Tbsp. freshly squeezed lime juice
- 4 cloves garlic, minced
- 1 tsp. ground cumin
- 1 tsp. chili powder
- ½ tsp. smoked paprika
- 2 Tbsp. soybean oil
- 8 small corn tortillas
- As needed for serving, lime wedges
- Optional toppings: cilantro, salsa, guacamole, sour cream or soy sour cream, crumbled queso fresco, sliced radishes

- SOY CURLS:** Place curls in a large mixing bowl: cover with hot water. After 15 minutes; drain.
- In a separate large mixing bowl, whisk together ingredients from oil to smoked paprika. Add the drained curls to the marinade; mix well. Marinate for at least 15 minutes.
- Over medium heat in a large skillet, heat oil. Add marinated curls to skillet, arranging in a single layer. Cook for 3 to 4 minutes on each side, until curls are crispy and golden brown. Remove curls from skillet; set aside.
- TORTILLAS:** In the same skillet, warm tortillas for about 30 seconds on each side until they are pliable and heated through. Keep them warm, wrapped in clean kitchen towel.
- To assemble place tortilla on a cutting board. Add a few pieces of crispy curls onto each tortilla. Add toppings of choice.
- Serve soy tacos immediately with lime wedges on the side for squeezing over the tacos.



BBQ Soy Curls for Sandwiches

MAKES 8 SERVINGS

Serving a crowd just got easier. Few can resist the aroma of barbecue, and this sandwich filling is no exception. Last-minute occasions may call for a shortcut, so feel free to use your favorite prepared barbecue sauce with the seasoned soy curls. The choice of bread or bun is up to you.

From Greg Cook, co-founder of 4e Winery with his wife Lisa in Mapleton, North Dakota, and Professor of Chemistry and department chair at North Dakota State University

Soy Shortcut

Shelf-stable soyfoods can be your best friend on busy days. Reach for convenient products like ready-made plant-based taco filling that can be microwaved in the pouch for 60 seconds. For example, ALDI offers Earth Grown Plant-Based Taco Filling with Traditional Seasonings.

3 cups water
1 (8 oz.) bag soy curls
1-2 tsp. garlic powder
1-2 tsp. onion powder
2 Tbsp. soy sauce
2 Tbsp. Maggi seasoning (or use additional soy sauce)
pinch of salt and pepper
Coleslaw if desired
Garnish with sweet pickles

BARBECUE SAUCE
¼ cup brown sugar
½ (3 oz.) can tomato paste
2 cups tomato sauce
4 Tbsp. rice vinegar
1 Tbsp. soy sauce
1 Tbsp. Maggi seasoning
1 Tbsp. maple syrup
2 Tbsp. ketchup
1 tsp. spicy mustard
1 Tbsp. onion powder
1 Tbsp. garlic powder
1 Tbsp. smoked paprika
½ Tbsp. hot chili powder
½ tsp. salt
¼ tsp. black pepper

- 1 In a medium mixing bowl, add water, soy curls, garlic, onion, soy sauce, Maggi seasoning, salt and pepper. Soak for about 20 minutes.
For Southwest flavors, add taco seasoning. For Asian flair, add some ground ginger and white pepper. You can also add bouillon powder or anything you like.
- 2 Drain soy curls liquid (save the liquid); gently squeeze out excess liquid from soy curls.
- 3 **SOY CURLS:** In a hot skillet, add a layer of oil; sauté soy curls until they are cooked through and browned. They will get a little bit dry. With the pan still hot, add about ½ cup to 1 cup of soaking liquid; cook until it evaporates down just enough to leave moist soy curls without much free liquid. Remove soy curls from pan; chill completely in refrigerator to help firm the texture.
- 4 **BBQ SAUCE:** In a small saucepan over medium heat; add BBQ sauce ingredients. Simmer for about 30 minutes to reduce by half.
- 5 Add soy curls to a large skillet. Adding a bit of water helps heat soy curls and sauce without the mixture getting too dry. You can use your favorite prepared BBQ sauce if desired.
- 6 Serve as sandwiches, using soft bread or buns of choice. Add a layer of coleslaw if desired. Garnish with pickles.



Tempeh Burritos

MAKES 6-8 BURRITOS

Burritos are economical and portable. When you make them with tempeh, you're also adding a fermented, high-protein food. One serving of tempeh provides 18 grams of soy protein with a nutty flavor and meaty texture. Sometimes it's easy to forget all those details when you're having a good time in burrito heaven. After all, a burrito is a craveable meal wrapped in a tortilla.

From Global culinary expert and teacher, Chef Chris Koetke, MBA, CEC, CCE, HAAC, Corporate Executive Chef at Ajinomoto Health & Nutrition North America, based in Itasca, Illinois

- | | |
|-----------------------------------------------------------|-------------------------------------------------------------------|
| 1 qt. water | 2 Tbsp. cider vinegar |
| 8 oz. tempeh, cut into ½" cubes (approximately 120 cubes) | ½ tsp. cumin |
| 3 Tbsp. soybean oil, divided | 1 tsp. salt (adjust amount depending on salt in the chile powder) |
| 1 onion, sliced thinly | 3 Tbsp. tomato sauce |
| 2 garlic cloves, minced | 2 tsp. sugar |
| 1½ Tbsp. chile powder | 1 (15 oz.) can black soybeans, drained |
| ½ tsp. chipotle powder | 🌱 |
| 1½ cups water or stock | 6-8 tortillas |

- 1 In a medium saucepan, add water and tempeh; bring to a boil. Simmer 15 minutes. Drain in colander; rinse briefly with water. Pat dry.
- 2 In large sauté pan, lightly brown tempeh in 1½ Tbsp. oil over high heat. Remove from pan; reserve. Do not allow the tempeh to become too brown.
- 3 In the same sauté pan over moderate heat add remaining oil, sauté the onions until they are translucent and lightly brown. Add garlic; cook for 2 more minutes. Add chile and chipotle powders. Cook for a few moments, or until you can smell chile. Immediately add water or stock so chile and chipotle powders do not burn and become bitter.
- 4 Add remaining ingredients and tempeh. Bring to a boil; reduce to simmer. Simmer for 30 minutes. Taste for seasoning. Serve wrapped in a burrito along with traditional accompaniments as desired (cilantro, cheese, avocado slices or guacamole, diced tomato).



Char Siu Tofu on Steamed Bao Buns

MAKES 6 SERVINGS

Some people think bao buns look like little mouths, which may be why you get hungry when you see them. Char siu—the style of barbecue pork offered in Cantonese restaurants—is another thing people get hungry for. Instead of pork, this recipe features slices of water-packed tofu, fried before the sauce is added. Embrace the adventure.

From Greg Cook, co-founder with his wife Lisa of 4e Winery in Mapleton, North Dakota, and Professor of Chemistry and department chair at North Dakota State University

CHAR SIU SAUCE

- 2 Tbsp. soy sauce
 - 1 Tbsp. oyster sauce (use vegan oyster sauce if you're cooking for vegans)
 - 1 Tbsp. hoisin sauce
 - 1 Tbsp. maple syrup (may substitute brown sugar)
 - 2 tsp. sesame oil
 - ¼ tsp. white pepper
 - ⅓ cup of water
- if desired to add more color, one splash of dark soy sauce

TOFU FILLING

- 1 (16 oz.) package water-packed firm tofu, drained
 - cornstarch for dusting tofu, as needed
 - 1 Tbsp. soybean oil
- 6 bao buns (frozen ones are available in Asian markets), or any type of bun you prefer

- 1 Combine all sauce ingredients together; set aside.
- 2 Cut tofu into desired pieces. Cut into 3 slabs lengthwise. Or, if you want to stuff them into buns, cut into 6 smaller slabs across the block.
- 3 Rub all sides with cornstarch.
- 4 Over medium heat, in a medium fry pan (nonstick works best) add a Tbsp. oil. Add tofu to the pan; don't move it until it develops a brown crust; then, flip it.
- 5 Fry the tofu until it is golden brown on all sides. Once browned, add Char Siu sauce to pan. Coat each side of tofu with sauce. Cook until sauce thickens and coats tofu. Turn tofu often, being careful not to burn the sauce. Remove tofu from pan and serve with bao buns or other buns of choice.



Soy Protein Strips Quesadillas

with Chipotle Mayo Sauce

MAKES 8 SERVINGS

Here's a question: Are quesadillas what grilled cheese sandwiches want to be when they grow up, or is it the other way around? Anyway, this soy-ized version of a classic has what it takes to become a new favorite, and offers endless possibilities for variations

From Jadyn French, 2024 North Dakota Soybean Council Soy Foods Recipe Contest winner, from North Dakota State College of Science, Culinary Arts

SPICE MIX

- 1½ tsp. onion powder
- 1½ tsp. dried oregano
- 1½ tsp. salt
- 3 tsp. cumin
- 3 tsp. paprika
- ½ tsp. black pepper

FILLING

- 1 bag of plant-based strips made of soy protein
- ½ Tbsp. soybean oil
- 2 garlic cloves, minced
- ½ onion, sliced
- 1 red pepper, diced
- 2 Tbsp. tomato paste
- ¼ cup water

CHIPOTLE MAYONNAISE SAUCE

- ½ cup mayonnaise
- 1 Tbsp. water
- pinch of salt
- ½ tsp. chili powder
- 1 tsp. smoked paprika
- ½ tsp. chipotle powder
- 8 Tortillas
- 2 cups shredded cheddar or mozzarella cheese
- 1 cup corn kernels, canned, fresh or frozen
- chopped cilantro (optional)
- 1 Tbsp. soybean oil (for frying finished tortillas)

- 1 In a small bowl add spices; mix. Set aside.
- 2 **FILLING:** Bring large pot of water to boil, remove from heat; add protein strips. Let stand for 10 minutes; drain. Set protein strips aside.
- 3 In a large fry pan; add oil, heat. Add garlic, onions and pepper; cook for 2 minutes.
- 4 Add protein strips to pan, breaking them up a bit; cook for 1 minute.
- 5 Add tomato paste, water and spice mix; cook for 2 minutes. Transfer to a medium mixing bowl.
- 6 **MAYONNAISE SAUCE:** In a small mixing bowl, add all ingredients; mix well.
- 7 **ASSEMBLE AND COOK:** Place tortilla on a cutting board. Spread 1 Tbsp. mayonnaise sauce on tortilla, sprinkle 4 Tbsp. cheese on top of mayonnaise, add 2 Tbsp. corn and filling divided evenly over the 8 tortillas, fold tortilla in half. Repeat with remaining tortillas.
- 8 In a large frying pan add 1 Tbsp. oil; heat. Place quesadillas in pan, press down lightly; cook for 3 minutes until golden brown on both sides. Once quesadillas are golden-brown, transfer to cutting board; cut them in half before serving. Serve immediately.



Rice Paper Sushi Rolls

with Tofu Teriyaki and Veggies

MAKES 8 ROLLS

These sushi rolls illustrate the culinary advantages of using water-packed tofu for grilling, frying and sautéing applications. With its cheese-like consistency, extra-firm tofu holds its shape, absorbs flavors and provides about 8 grams of high-quality plant protein per serving. Find it in the refrigerated section where you shop.

From Alexis Harstad, 2024 North Dakota Soybean Council Soy Recipe Contest winner, from North Dakota State College of Science, Culinary Arts

TOFU GLAZE

1 Tbsp. rice vinegar
2 Tbsp. soy sauce
2 Tbsp. Bragg Liquid Aminos
½ tsp. brown sugar
¼ tsp. ginger powder

SUSHI FILLING

1 Tbsp. soybean oil
3 or 4 nori sheets
8 rice papers
2 cup cooked sushi rice
14 oz. water-packed extra firm tofu, sliced in to ¼ inch strips

1 carrot, cut into approximately 2-inch strips
2 Japanese cucumbers, cut into approximately 2-inch strips
1 avocado, cut into approximately 2-inch strips



vegan mayonnaise, as needed
white sesame seeds, as needed



1½ Tbsp. soybean oil
Soy sauce and wasabi for serving

- 1 In a small mixing bowl add all the tofu glaze ingredients. Mix well; set aside.
- 2 **SUSHI FILLING:** Over medium-high heat, in a medium fry pan, heat oil. Add tofu; fry until golden crispy brown on both sides, allowing first side to crisp before frying the second side. Remove tofu, drain on paper towels. To the fry pan, slowly add tofu glaze, lower heat, allow sauce to thicken. Add tofu, coat both sides.
- 3 Cut nori into preferred sizes (one nori sheet can be cut into 6 equal pieces).
- 4 Dip a piece of rice paper in water, lay it down on a moist surface, add one piece of cut nori on top, add sushi rice; pat down. Add tofu and vegetables, drizzle with vegan mayo, the add a second piece of nori.
- 5 Start rolling from the bottom edge to the middle of the rice paper. Pick up both sides and fold them onto the center. Keep rolling until completely sealed. Repeat with all the rolls.
- 6 On a clean dry plate, sprinkle white sesame seeds; roll the rice paper rolls to coat.
- 7 In a nonstick medium fry pan, add just enough soybean oil to cover the bottom; heat. Add rolls, fry for about 3 to 4 minutes on the first side. Flip them; cook another couple of minutes. Serve with soy sauce and wasabi.



Southwest TVP Spring Rolls with Tofu Dippin' Sauce

MAKES 10-12 SPRING ROLLS

Soy-rich spring rolls take on a Southwestern accent without losing their global appeal. Share them with friends or family. Nobody will know if the cook hides out in the kitchen sampling a roll or two before serving the rest to others.

From Trisha Laveau,
2023 North Dakota Soybean Council
Soy Recipe Contest winner, from
North Dakota State College of
Science, Culinary Arts

SPRING ROLL FILLING

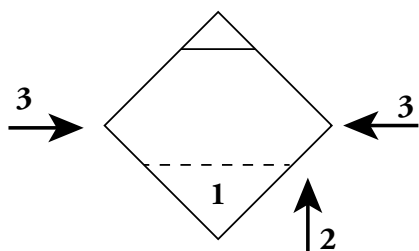
- 1 cup Textured Vegetable Protein (TVP, also known as TSP)
- 1 Tbsp. red miso
- ½ red bell pepper, roasted (seeds, skin and veins removed), finely chopped
- 1 tsp. smoked paprika (may use regular paprika)
- 1 tsp. cumin
- kosher salt to taste
- 1 tsp. chili powder
- 1 cup Monterey Jack or pepper jack cheese, shredded
- ½ cup canned black soybeans, drained and rinsed
- ½ cup canned roasted sweet corn, drained
- ¼ cup fresh cilantro, finely chopped (optional)
- 1 jalapeño pepper (seeds and veins removed), finely chopped
- 2 green onions, finely chopped
- 2 garlic cloves, finely chopped or minced
- 1 tsp. freshly squeezed lemon or lime juice

- kosher salt to taste
- 10-12 spring roll pastry wrappers (or egg roll wrappers)
- Small dish of water, room temperature
- Soybean oil for frying

TOFU DIPPIN' SAUCE

- 1 cup soft silken tofu, puréed
- ½ tsp. freshly squeezed lemon or lime juice
- ½ tsp. sriracha sauce
- ½ tsp. cumin
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. chili powder
- ½ tsp. smoked paprika (or regular)
- ½ tsp. dried oregano
- ½ tsp. kosher salt
- ¼ tsp. ground black pepper
- cayenne pepper to taste

- 1 Prepare TVP according to basic package directions, adding 1 Tbsp. red miso to ¾ cup water; set side.
- 2 Roast red bell pepper in oven on broil until skin is fully blackened on all sides (turning as needed). Cool 5-10 minutes in covered bowl; remove skin, stem, seeds, and veins. Finely chop. [May use prepared roasted red peppers from a jar (drain liquid).]
- 3 In small bowl, add peppers, paprika, cumin, chili powder and salt; mix well. In a medium bowl add ingredients from cheese to lemon juice; mix well. Add paprika mixture to TVP mixture; mix well. Add TVP mixture to cheese mixture; mix well. Salt to taste.
- 4 For spring rolls: open package of spring roll pastry wrappers or egg roll wrappers. Keep wrappers covered with a clean towel to prevent drying out.
- 5 Line a cookie sheet with parchment or waxed paper.
- 6 Line another cookie sheet with two layers of paper towels. Keep more paper towels handy.



- 7 Using the above diagram at the left, spread about 2-3 Tbsp. filling on each pastry or eggroll wrapper as shown with dotted line (1); fold bottom corner tightly up over filling (2); fold both sides over snugly (3) and continue rolling upward, leaving a small triangle space at the top (4). Using your fingers, wet the triangle space with a little water, finish rolling up, and gently press to seal top.
- 8 Set roll aside on parchment/waxed paper-lined cookie sheet and repeat with remaining wrappers. Do not let rolls touch each other. Cover lightly with a clean towel until all wrappers are rolled.
- 9 Heat oil (about ½" to 1" deep) in a deep-sided pan to about 375°F. Oil is ready when tip of a wooden spoon handle is inserted into the oil and bubbles form around it. Using metal tongs, place as many rolls as possible into hot oil without rolls touching each other or overcrowding the pan. Fry until golden brown. Using tongs, turn rolls as needed to ensure even browning all around. Remove rolls from hot fry oil, place on paper towel-lined cookie sheet.
- 10 Cover rolls with another layer of paper towels to remove excess oil. You can keep rolls on cookie sheet in warm (175°F-200°F) oven while frying other rolls and preparing dipping sauce.
- 11 **TOFU DIPPIN' SAUCE:** In a medium serving bowl, add tofu and lemon juice. Using an immersion blender, hand mixer or blender, purée tofu with lemon juice. Add remaining sauce ingredients; mix well. Serve immediately with spring rolls.

Note: For a richer flavor, make sauce ahead of time; chill for at least 2 hours in a sealed container before serving with spring rolls.



Vegan Napa Cabbage Rolls

MAKES 14 CABBAGE ROLLS

Cabbage rolls are traditional comfort food that's gone global. In addition to the U.S., they're found in North African, Asian and regional European cuisines. Cabbage varieties, fillings and sauces differ around the world. Granted, the best cabbage rolls are the ones your grandmother made, but keep an open mind. You owe it to yourself to branch out.

From Alexis Harstad, 2024 North Dakota Soybean Council Soy Recipe Contest winner, from North Dakota State College of Science, Culinary Arts

CABBAGE ROLLS

14 Napa cabbage leaves
2 scallions, chopped, separate whites and greens (sliced) (save for later)
4 garlic cloves, minced
6 oz. shiitake mushroom, chopped
1 carrot, chopped
14 oz. extra firm water-packed tofu, drained well
1 Tbsp. tamari/soy sauce
1½ Tbsp. Bragg Liquid Aminos
1 tsp. rice vinegar
¼ tsp. white pepper
1 cup cooked brown rice
1 Tbsp. cornstarch
Salt to taste

1 Tbsp. soybean oil for frying



SAUCE

½ Tbsp. soybean oil
3 garlic cloves, minced
1 scallion, chopped
1 Tbsp. tamari/soy sauce
2 Tbsp. Bragg Liquid Aminos
1 tsp. rice vinegar
1 tsp. brown sugar
½ Tbsp. cornstarch
½ cup warm water



Garnish with sesame seeds and chopped scallions

- 1 CABBAGE ROLLS:** Trim off the root of the cabbage, carefully take off the leaves one by one.
- Bring a large pot of water to boil; blanch the leaves for 1 minute or until soft and flexible but not soggy. Quickly run them under cold water to cool. Lay the leaves between two kitchen towels or cheese cloth to dry.
- In a large nonstick frying pan, heat a drizzle of oil over medium-high heat, sauté white parts of scallion and garlic until fragrant, about 2 minutes. Add mushroom and carrot; cook until soft.
- Use hands to crumble tofu into pan; continue to mash and break apart with spatula. Add tamari/soy sauce, liquid amino, vinegar, and white pepper; mix together.
- Add cooked brown rice; continue to combine and mix until all liquid is gone.
- Stir in cornstarch, mix well. Continue to stir until a hearty, slightly sticky filling forms. Mix in scallion green parts, season to taste with salt and white pepper. Set aside.
- Trim off hard stem part of each Napa cabbage leaf; add about 1½ Tbsp. filling to the bottom of the leaf. Roll up to the wider part of the leaf, then fold both sides up to the center. Continue to roll all the way up. Repeat until all ingredients are used up.
- In a clean large frying pan, add 1 Tbsp. oil; heat. Add cabbage rolls, fry for 2-3 minutes on each side until golden brown. Do not flip too often. Allow one side to crisp up and sear before flipping to the other side. Remove to serving platter.
- SAUCE:** In a small saucepan add oil; heat. Add garlic and onion; saute until soft and lightly browned. Carefully pour in the tamari sauce, vinegar, liquid amino and sugar. Bring to a gentle boil. In a small bowl add cornstarch with warm water; mix together. Pour into saucepan; stir and heat until mixture thickens to preferred consistency. Pour sauce on rolls. Garnish with sesame seeds and scallion before serving. Serve immediately.



Beef Flank Steak Gyro

With Tofu Tzatziki and Greek Tofu Fries

MAKES 4 SERVING

Soy foods are at home all over the world. Here's an inspired spin on the Mediterranean classic, served on pita bread with the additions of seasoned Greek tofu fries and tofu tzatziki.

Tzatziki can serve as a dip, a garnish or a sauce. Come to think of it, does it even need to be categorized? It's a multi-purpose addition that can top off sandwiches or be used as dip for raw vegetables or warm pita. It's as versatile as the tofu that replaces traditional Greek yogurt in this recipe.

From Executive Chef Chad Vander Ploeg, formerly of Iowa Events Center, Des Moines, Iowa

BRAISED BEEF FLANK STEAK MARINADE

¼ cup soybean oil
2 Tbsp. fresh lemon juice
2 Tbsp. chopped garlic
1 Tbsp. fresh chopped oregano
½ tsp. paprika
salt and pepper to taste
1 lb. beef flank steak

TOFU TZATZIKI SAUCE

1 (12.3 oz.) package firm silken tofu
3 tsp. fresh lemon juice
3 garlic cloves, minced
1 English cucumber, peeled, grated with liquid squeeze out
1 Tbsp. chopped fresh dill
salt and pepper to taste

GREEK TOFU FRIES

2 packages water-packed extra firm tofu, water pressed out
¼ cup soybean oil
2 Tbsp. fresh lemon juice
1 Tbsp. fresh chopped oregano
3 cups cornstarch
salt and pepper to taste
½ tsp. paprika
½ Tbsp. onion powder
½ Tbsp. garlic powder
soybean oil for deep frying

GYRO

1 lb. beef flank steak, marinated and drained
4 pocketless pitas
1½ Tbsp. soybean oil
salt and pepper to taste
½ head shredded romaine lettuce
1 plum tomato, halved and sliced
½ onion thinly sliced
2 oz. crumbled feta

- 1 **MARINADE:** Mix all ingredients except flank steak together, then coat steak in marinade; refrigerate overnight.
- 2 **TOFU TZATZIKI:** In food processor, blend tofu and lemon juice until smooth. Mix in garlic, cucumber and dill. Season to taste with salt and pepper.
- 3 **TOFU FRIES:** Cut tofu crosswise into ½" slabs, then cut each slab lengthwise into thirds.
- 4 Mix oil, lemon juice and chopped oregano; gently toss tofu in it. Marinate overnight.
- 5 Drain tofu; toss in cornstarch seasoned with salt, pepper, paprika, onion powder and garlic powder.
- 6 In large and deep fry pan, heat oil to 365°F. Add tofu; fry until crispy. Drain on paper towel lined tray.
- 7 **BEEF FLANK STEAK GYRO:** Grill beef to desired temperature, let rest covered with foil for 10 minutes. Slice beef across grain.
- 8 Lightly brush pita with oil; season with salt and pepper. Grill pita on both sides for 1 minute.
- 9 Top with beef, lettuce, tomato, onion, tzatziki and crumbled feta.
- 10 Serve with tofu fries.



Savoy Cabbage Turkey Wraps

MAKES 5-6 APPETIZER SERVINGS

Miso makes all the difference when it comes to glazes, bastes and marinades. In Chef Lopez's award-winning recipe, the glaze accentuates the turkey. Miso's savory flavor enhances meat, poultry, and fish. Savoy cabbage, with its ruffled leaves and mild flavor, adds a complementary note of sweetness and pulls the wrap ingredients together.

From Chef Nick Lopez, Isle Casino Hotel, Bettendorf, Iowa, a winner in the 2023 recipe contest, The Perfect Pairing: Turkey and Soy, co-sponsored by The Iowa Turkey Federation and the Iowa Soybean Association

DASHI STOCK

5-6 pieces of kombu (dried sea kelp)
2 quarts of water
5 cups of bonito flakes (dried fish flakes)

SAVOY CABBAGE

6 cabbage leaves (washed)
2 quarts Dashi stock
Bowl with ice water

MISO GLAZE

¼ cup mirin
¼ cup sake
1 Tbsp. bonito flakes
¼ cup brown sugar
¼ cup of red miso
2 ½ Tbsp. minced fresh ginger

GROUND TURKEY FILLING

1 Tbsp. of soybean oil
1 pound ground turkey
½ red pepper, finely chopped
½ red onion, finely chopped
¼ cup carrots, finely chopped
2 tsp. fresh garlic
½ Tbsp. fresh ginger
½ Tbsp. chili paste
¼ cup brown sugar
½ cup dashi stock
1 Tbsp. soy sauce
2 tsp. rice wine vinegar
¼ cup roasted Korean pine nuts



Garnish with pickled ginger

- 1 **DASHI STOCK:** Add kombu to the water; soak for 3 hours. (You can do this 3 days ahead for a stronger umami flavor.) Boil kombu; remove it from stock; turn off heat. Add bonito flakes, steep for 4 minutes. Strain stock.
- 2 **SAVOY CABBAGE:** Bring stock to a boil. Add cabbage leaves; blanch for 1-2 minutes. Remove cabbage; shock it in ice water for about 5 minutes to rapidly cool and crisp leaves. Once cooled, remove from ice water; pat dry with paper towel.
- 3 **MISO GLAZE:** In a small saucepan add mirin, sake and bonito flakes; bring to a boil. Strain liquid to remove bonito flakes. Add brown sugar, miso, and ginger. Simmer sauce; reduce down for 8-10 minutes, until glaze complete coats the back of a spoon. Keep hot for plating and serving.
- 4 **GROUND TURKEY FILLING:** Over medium heat, in a medium saucepan, add oil; heat. Add turkey; brown well.
- 5 Remove browned turkey from pan; set aside. In same pan, add peppers, onions and carrots. Cook on low-to-medium heat for 3 minutes. Add garlic and ginger; cook for another 2 minutes. Add chili paste and brown sugar; toss the vegetables until coated.
- 6 Bring pan back up to a medium-high heat, then add stock, soy sauce, rice wine vinegar. Deglaze bottom of the pan. Return turkey to pan; reduce to a simmer, let liquid reduce. Add pine nuts; mix well. Keep hot for plating and serving.
- 7 To assemble plates, lay out cabbage leaves; add filling across leaves. Roll and wrap, making sure to keep it tight. (Use a sushi mat if you wish.) Cut wrap into 2 or 3 bite size pieces. Repeat for other leaves. Should make 5-6 appetizer plates.
- 8 On a plate, lay wraps flat and in an organized line with about 1-2 inches between them. Drizzle glaze over wraps, using a squeeze bottle with a medium-size tip. Garnish with pickled ginger on side of plate.



ONE BOWL MEALS

In the quest for simplicity, one-dish meals are a big winner. They can easily feed a crowd, or serve as make-ahead meals. That's where versatile soy foods come in. They can provide high-quality plant protein on their own, or collaborate with meat and other animal proteins to create great meals. Featured turkey recipes were winners in a 2023 recipe contest co-sponsored by The Iowa Turkey Federation and The Soyfoods Council.

When you're enjoying one of the following meals, you'll probably be thinking more about your stomach than your skin. However, clinical evidence indicates isoflavones found in soy have the potential to enhance skin appearance. Did you know that two servings a day of soy foods such as tofu or soybeans can help combat the effects of aging, including fine lines, wrinkles and dryness?



TVP Nachos

with Black Soybeans and Soymilk Nacho Cheese Sauce

MAKES 2-4 SERVINGS

When tortillas become chips and shelf-stable TVP and canned black soybeans become toppings for nachos, a new crispy classic is born. Soy foods provide the plant protein in this appetizer packed with the flavors that nachos-lovers crave. No need to feel guilty if you have this dish for a meal. What more could you want?

From Grace Madler, 2023 North Dakota Soybean Council Soy Recipe Contest winner, from North Dakota State College of Science, Culinary Arts

Soy-izing Tip:

Use canned black soybeans in any recipe that calls for beans. They are a great pantry staple for soups, chilis, or appetizers.

- | | |
|--------------------------------------|----------------------------------------------|
| ¼ cup corn, fresh or canned, drained | 1 cup shredded cheddar cheese |
| 5 tsp. taco seasoning, divided | ½ onion, minced |
| pinch of salt and pepper | 2 cloves garlic, minced |
| ½ medium jalapeño, seeded | ½ cup TVP/TSP |
| ½ cup water | ½ cup canned black soybeans, rinsed, drained |
| 1½ Tbsp. butter, divided | tortilla chips, as needed for serving |
| 1 Tbsp. flour | sour cream, as needed for serving |
| 1½ cups cold unsweetened soymilk | salsa, as needed for serving |
| pinch of salt and pepper | lettuce, as needed for serving |

- 1 Preheat oven to 350°F.
- 2 In medium bowl, add corn, 1 tsp. taco seasoning, salt and pepper; mix. Spread on sheet pan. Roast 10 minutes or until golden brown.
- 3 Roast jalapeño on separate sheet pan. When jalapeño is done roasting, put in a bowl; cover for 5 minutes. Peel jalapeño; mince. Set aside.
- 4 In a small saucepan add water and 4 tsp. taco seasoning; bring to boil. Remove pan from heat; add TVP. Let stand 10 minutes.
- 5 Over medium-low heat in a medium saucepan, add 1 Tbsp. butter: melt. Add 1 Tbsp. flour; stir together until it is a light golden color. Slowly add cold soymilk; stirring. Add salt and pepper. Add the cheese; melt. Add the jalapeños; keep warm.
- 6 In a medium saucepan, add ½ Tbsp. butter; melt. Add onions and garlic; sauté. Add TVP and black soybeans, mix together.
- 7 Take as many tortilla chips as you desire and put them on a serving platter. Add TVP mixture and black soybeans. Drizzle nacho cheese over, sprinkle on corn and lettuce, then add sour cream and salsa.



Mapo Tofu with Soy Crumbles or Ground Pork and Miso Sauce

MAKES 4 SERVINGS

In the real world, we sometimes find ourselves cooking for both meat-eaters and vegetarians—occasionally at the same time. That’s why hybrid recipes like this one come in handy. Mapo tofu is an inspiration from the Sichuan region of China, with a pleasing balance of flavors and textures.

From Linda Funk, Executive Director, The Soyfoods Council

- | | |
|---------------------------------------------------------------------|----------------------------------------------------------------------------|
| 3 cups chicken broth or vegetable broth | 2 Tbsp. miso sauce (recipe follows), optional |
| 2½ Tbsp. cornstarch | **1 (16 oz.) package water-packed tofu, firm, lightly browned in air fryer |
| 4 Tbsp. soy sauce | ↻ |
| 4 tsp. chili sauce or ¼ tsp. red pepper flakes (to taste) | 4 servings of brown rice, cooked |
| ½ pound ground pork or frozen soy crumbles | PREPARED MISO SAUCE |
| 2 tsp. minced garlic | 1 cup red miso |
| 3 tsp. ginger paste (or use fresh grated ginger to taste) | 1 cup mirin |
| 1 green, yellow or red pepper, cored and cut into bite-sized pieces | ½ cups sake |
| | 1 Tbsp. sugar or honey |

- 1 In a medium bowl, add broth, cornstarch, soy sauce and chili sauce; set aside.
 - 2 In a large nonstick skillet, add ground pork or frozen soy crumbles. Cook pork until done. Heat soy crumbles. Add garlic and ginger; stir to combine. Cook for 1 minute.
 - 3 Add broth mixture, bring to boil to thicken. Add pepper, cook for 1 minute. Stir in miso sauce.
 - 4 Add tofu, heat through. Serve over rice.
- **Note: If you want softer tofu, use 1 package (12.3 oz.) firm silken tofu, cut into cubes. Add to broth after broth has thickened.
- 5 **MISO SAUCE:** In a small saucepan, add all ingredients. Bring to boil; simmer for 20 minutes or until thickened.
 - 6 Cool; store miso sauce in airtight container in the refrigerator. Use with meat, vegetables, or in salad dressings.



Turkey and Smoky Tofu Butternut Squash Soup

MAKES 4-6 SERVINGS

Fall flavors cozy up together in a bowl in this recipe. If you want to take a shortcut, you can buy packaged smoked tofu online or at some grocery stores, including Whole Foods, and purchase high-quality turkey from the deli counter. This creative comfort food recipe was a 2023 winner in The Perfect Pairing: Turkey and Soy recipe contest.

From Jonathan Cook, Executive Chef at Iowa Events Center, Des Moines, Iowa

- | | |
|-----------------------------------------------------------------------------------|------------------------------|
| 2 (12 oz.) packages silken tofu
OR 18 oz. smoked tofu
and 6 oz. silken tofu | 1 pinch ground cinnamon |
| 2 butternut squash (approximately
4 pounds), peeled and diced | ¼ tsp. salt |
| 1 Tbsp. soybean oil | ¼ tsp. black pepper |
| 16 oz. unsweetened soymilk,
divided | ¼ bunch cilantro, optional |
| | 12 oz. roasted turkey breast |
| | 1 Tbsp. soybean oil |

- 1 Drain tofu, cut pieces in half and pat dry with a paper towel place 3 of the 4 pieces into a 250°F preheated smoker for 20 minutes. If using packaged smoked tofu skip this step.
- 2 Peel and dice butternut squash into 1-inch cubes; toss with soybean oil to evenly coat all the pieces. Place on a sheet tray and roast at 350°F for about 30 minutes or until squash is tender.
- 3 Place roasted squash and smoked tofu into a blender with half the soymilk (you may need to do this in a couple of batches depending on blender size); blend until smooth.
- 4 Transfer purée into a pot; place on the stove over medium low heat. Add cinnamon, salt and pepper. Add more soymilk at this point for desired consistency. Simmer for about 15 minutes, stirring occasionally.
- 5 While soup is simmering place remaining unsmoked silken tofu into blender with cilantro. Purée until smooth for cilantro crème.
- 6 Roasted turkey can be whatever turkey you prefer— leftover turkey breast or unsliced turkey from the deli counter that can be shredded.
- 7 In a medium sauté pan heat soybean oil over medium-high heat; place shredded turkey in the pan, heat thoroughly.
- 8 To serve, place soup into bowl, drizzle with tofu cilantro crème. Gently place shredded turkey in center of bowl.
- 9 Serve with your favorite crusty bread.



Turkey and Tofu Yakitori

MAKES 4 SERVINGS

It's easy to see why this recipe was named a winner in the 2023 Perfect Pairing: Turkey and Soy recipe contest. Soy shines in this dish—miso, tofu, soy sauce, silken tofu, extra-firm water-packed tofu, soybean oil and edamame.

From Chef Matt Meadows of Isle Casino in Bettendorf, Iowa

YAKITORI MARINADE

2 Tbsp. miso
2 Tbsp. brown sugar
2 cloves garlic, crushed
1 Tbsp. ginger root, minced very fine
½ cup orange juice

1 Tbsp. soy sauce
1 tsp. Gochutgaru chili flakes, optional
1 turkey tenderloin, cut into 1-inch cubes.

LEMONGRASS SAUCE

6 oz. silken tofu
½ stalk lemongrass, chopped fine
1 Tbsp. fresh lemongrass juice
1 tsp. mint leaves, minced fine
1 tsp. basil leaves, minced fine
salt and pepper to taste

FRIED TOFU

½ cup cornstarch
1 Tbsp. Mala Spice Mix
6 oz. water-packed extra firm tofu, drained, cut into ½-inch cubes
2 cups soybean oil for frying

TURKEY FRIED RICE

2 Tbsp. soybean oil
1 tsp. ginger, minced fine
½ cup carrot, minced fine
6 oz. ground turkey and cook through
2 beaten eggs
3 cups cooked rice
¾ cup edamame, shelled
2 Tbsp. soy sauce
1 Tbsp. sesame oil
½ cup green onion, sliced ¼ inch thick

- 1 **YAKITORI:** Combine marinade ingredients in a bowl. Place turkey cubes in marinade, then refrigerate for minimum of 4 hours (but no longer than 12 hours).
- 2 Divide marinated turkey cubes into 4 portions, thread onto bamboo skewers.
- 3 Grill turkey skewers until internal temperature reaches 165°F; let rest 5 minutes.
- 4 **LEMONGRASS SAUCE:** In a blender or food processor, mix silken tofu, lemongrass and lemongrass juice until smooth. Let the mixture sit for 4 hours and then strain.
- 5 Mix in minced mint and basil; season with salt and pepper as needed.
- 6 **FRIED TOFU:** In a bowl combine cornstarch and spice mix. Toss cubed tofu into spice mix to coat.
- 7 Heat 2 cups soybean oil in a 4-quart cast iron pot, traditional fryer or high sided fry skillet to 350°F. Fry until light brown. Set aside on a plate with paper towel to drain.
- 8 **TURKEY FRIED RICE:** Heat 2 Tbsp. soybean oil in wok, add minced ginger and carrot. Add ground turkey; cook through.
- 9 Make a well in the middle of wok ingredients; add egg. Stir, cook until done.
- 10 Add cooked rice, shelled edamame, soy sauce, sesame oil, prepared fried tofu, green onion; toss until well incorporated. Heat thoroughly.
- 11 To serve, place fried rice into a bowl. Place turkey skewers over the rice. Drizzle turkey with lemongrass sauce.



Slow-Cooker Calico Beans

MAKES 8 SERVINGS

Imagine what it would be like to come home to a warm meal after a hectic day. Oh, wait—you don't have to imagine. All you need to do is put the ingredients into a slow cooker and turn it on before you leave the house.

From Linda Funk, Executive Director, The Soyfoods Council

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

- 1 Combine baked beans, black soybeans, edamame, syrup or barbecue sauce and turkey bacon pieces in 4- to 5½-quart slow cooker. Cover and cook on LOW 6 to 8 hours (HIGH 3 to 4 hours). If necessary, stir in ½ cup water to desired consistency.
- 2 To make in an oven, combine ingredients and put in oven safe pan in at 250°F.
- 3 Stir every 20 minutes and continue to cook until heated through and ingredients are blended well.

Soy Shortcut

Improvisational cooking starts with ingredients you have on hand. That's why keeping shelf-stable products like soy curls, soy protein strips and TVP in your pantry is such a good idea. Create your own satisfying one-bowl meals in a hurry. Consider stew, soup and chili recipes. Combine frozen, canned or fresh vegetables, rice or pasta, seasonings of choice, and yes, soy protein. Don't forget the soybean oil for stir-frying.



Turkey and Tofu Chili

MAKES 12-14 SERVINGS

Just when you thought your chili recipe was etched in stone, along comes an idea like this one. A mix of proteins—tofu and turkey—with the addition of edamame gives chili a tasty twist. That's one reason why it was a 2023 Perfect Pair: Turkey and Soy recipe contest winner.

From Chef Raul Murrillo of Iowa Events Center in Des Moines, Iowa

- | | |
|------------------------------------------------------|----------------------------------------------|
| ½ cup red pepper, diced | 2 cups unsweetened soymilk |
| 1 medium white onion, diced | ½ tsp. cumin |
| 1 Tbsp. chopped garlic | 1 tsp. paprika |
| 1 lb. ground turkey | 1 Tbsp. chili powder |
| 1 cup diced tomatoes (fresh or canned) | dash of Tabasco® |
| 1 lb. edamame (frozen, shelled) | ¼ tsp. cayenne pepper |
| 1 (15.5 oz.) can garbanzo beans (chickpeas), drained | 8 oz. water-packed firm tofu, drained, diced |
| 1 (10 oz.) can tomato paste | salt and pepper to taste |
| 1 cup tomato juice | for garnish, Greek yogurt |
| 1 Tbsp. Worcestershire sauce | |

- 1 In a large pot, sauté peppers and onions. Add chopped garlic and ground turkey. Cook turkey to 165°F.
- 2 Once turkey is cooked, add diced tomatoes, edamame and garbanzo beans.
- 3 Add tomato paste, tomato juice, Worcestershire sauce and soymilk; bring to a boil. Add seasonings and tofu. Simmer for five minutes.
- 4 To serve, garnish with Greek yogurt.



Korean Bulgogi Soy Curls

MAKES 6-8 SERVINGS

Traditionally, bulgogi is made with thin strips of marinated beef, but Greg Cook has put a soy spin on the classic recipe. Soy curls are available online and in some supermarkets. Versatile soy foods are ideal for people who want to streamline their lives and make food choices that are better for their health and the health of the planet. Did you know that currently more than 95% of U.S. soybean growers are committed to sustainable farming practices and follow the U.S. Soy Sustainability Assurance Protocol?

From Greg Cook, co-founder of 4e Winery with his wife Lisa in Mapleton, North Dakota, and Professor of Chemistry and department chair at North Dakota State University

- | | |
|--------------------------------------------------------------------------------------|----------------------------------------|
| 1 large or 2 medium onions ($\frac{1}{4}$ for marinade, the rest sliced lengthwise) | FOR SERVING |
| $\frac{1}{2}$ Asian pear (can substitute apple) | lettuce leaves |
| 5 cloves garlic, minced | steamed rice with toasted sesame seeds |
| 1 Tbsp. sesame oil | kimchi |
| 3 Tbsp. sugar | bulgogi |
| $\frac{1}{3}$ cup soy sauce | julienned cucumber or carrots |
| 2 cups water | cilantro, optional |
| 1 (8 oz.) package dried soy curls (plant-based protein strips made from soy) | |
| 1 Tbsp. soybean oil | |

- 1 **SAUCE:** Traditionally, garlic, Asian pear, onion are grated by hand with a Korean grater, but a blender works for this recipe. Combine $\frac{1}{4}$ of large onion, Asian pear, garlic, sesame oil, sugar, soy sauce and water. Blend until smooth.
- 2 Slice remaining onion lengthwise. In a large zip-lock bag add soy curls, sliced onions and sauce; marinate for at least 4 hours or overnight in refrigerator.
- 3 To cook, heat a large skillet or flat top griddle to medium. Add 1 Tbsp. soybean oil, cook the bulgogi and all remaining marinade that wasn't absorbed. Stir until it is cooked through. Allow a bit of browning and softening of onion. If it gets too dry, you can moisten with a bit of water.
- 4 Serve with rice garnished with toasted sesame seeds and green onions.
Suggestion: Serve in lettuce with steamed rice, kimchi and bulgogi. If desired, sprinkle sesame seeds on wraps, or add julienned cucumber or carrots.



Pork Bowl over Coconut Lime Rice

with Apple, Chayote and
Edamame Slaw

MAKES 4 SERVINGS

There are bowls, and then there's this one—a blended protein pairing of pork and edamame. The clean flavors of the slaw complement the caramelized pork and onions.

From Sean Maddock, 2024 North Dakota Soybean Council Soy Recipe Contest winner, from North Dakota State College of Science, Culinary Arts

PORK

1½ cups sugar, divided
2½ lb. pork tenderloin, sliced into thin, inch-long strips
1 Tbsp. salt
½ tsp. freshly ground black pepper
¼ cup fish sauce
2 tsp. minced garlic
1 tsp. grated ginger
1 dash of sesame oil
1 medium Vidalia onion, sliced
4 scallions, sliced on hard bias, green part only, as needed for serving

RICE

1 cup jasmine rice
¾ cup coconut milk
1¼ cups water
1 lime, zested
1 tsp. fresh lime juice
1 Tbsp. minced cilantro, optional
as needed, kosher salt

SLAW DRESSING

3 Tbsp. soybean oil
3 Tbsp. apple cider vinegar
½ tsp. celery seed
½ tsp. mustard seed
1 pinch red pepper flakes
½ tsp. sugar

SLAW

3 chayotes, seeded and coarsely grated (6 cups)
1 cup green apple
1 cup shelled edamame
2 medium carrots, coarsely grated (1 cup)
½ medium red onion, finely chopped (½ cup)
½ yellow bell pepper, finely chopped (½ cup)
½ cup chopped fresh cilantro, optional

- 1 **PORK:** Cover bottom of large, heavy skillet with 1 cup sugar and place over medium-low heat. As soon as it melts and turns golden, add pork, raise the heat to medium, stir until coated. Cook to 145°F; allow to rest for at least three minutes.
- 2 Stir in remaining sugar, salt, pepper and fish sauce. Cover and cook for 2 minutes. Uncover; stir in garlic, ginger and oil. Lower heat to simmer to reduce sauce for about 20 minutes.
- 3 Stir in Vidalia onions and cook until translucent, 5-7 minutes. Pork should be caramelized; if not, raise heat and sauté while sauce further reduces.
- 4 **RICE:** Combine rice, coconut milk, water and pinch of salt in 2-quart saucepan. Bring to simmer; stir a few times at beginning to separate rice. Cook undisturbed, partially covered at a gentle simmer, until liquid is absorbed, about 12-15 minutes. At 12 minutes check rice for doneness.
- 5 Remove pan from heat and let rice rest, covered, for 5 minutes. Fluff rice with fork and stir in lime zest, lime juice and cilantro—season with salt if needed. Taste rice; add more fresh lime juice if needed.
- 6 **SLAW:** In small saucepan, add all dressing ingredients; bring to boil. Remove from heat, let cool while preparing slaw.
- 7 To make slaw, place grated chayote and grated apple in strainer and squeeze out as much liquid as possible. Transfer to bowl and stir in dressing, then stir in edamame, carrots, red onion, bell pepper and cilantro. Chill for 30 minutes, or up to 2 days.
- 8 To serve, place coconut lime rice in bowl and top with caramelized pork and onions. Top with chayote edamame slaw and garnish with fresh cilantro leaves and sliced scallions if desired.



Oatmeal with TVP/TSP

MAKES 1 SERVING

Soyfoods have a knack for going with the grain. For example, you can seamlessly add protein to oatmeal by replacing half the amount of oatmeal with TVP/TSP (Textured Vegetable Protein, also called Textured Soy Protein). By adding protein, you'll feel full longer. Simply follow the directions on the oatmeal container for stovetop or microwave cooking. P.S. The half-and-half formula works for oatmeal cookies, too. If your cookie recipe calls for 3 cups of oatmeal, use 1½ cups dry TVP/TSP and 1½ cups of oatmeal.

From Linda Funk, Executive Director of The Soyfoods Council

Soy-izing tip:

Lactose intolerant? No problem. Using soymilk in place of water adds richness—and more plant protein—to the morning meal.

¾ cup water or soymilk
¼ cup quick-cooking oatmeal
¼ cup dry TVP/TSP
pinch of salt

- 1 In a medium microwaveable bowl, add all ingredients.
- 2 Microwave for 1 minute 30 seconds 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.



Tofu Scramble

MAKES 2 SERVINGS

Talk about giving new meaning to the phrase ‘eye-opener,’ who knew that tofu could create such a satisfying scramble? It’s as simple as seasoning with turmeric, garlic and nutritional yeast. Add onion and tomato and you’re good to go with a plant-based breakfast, lunch or dinner.

From Sylvia Klinger, nutrition expert and author

- 1 Tbsp. soybean oil
- ¼ cup onion, chopped
- 1 cup tomato, diced
- 1 (12.3 oz.) package of extra firm silken tofu, drained
- 2 Tbsp. nutritional yeast
- ¼ tsp. turmeric powder
- ¼ tsp. garlic powder

- 1 In a large skillet, heat oil; cook onions and tomatoes until tender. Add tofu block; smash with a potato masher or 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.



GET CREATIVE WITH SOY

Blending soy foods with dairy products is an easy way to add plant protein to pizza and pasta recipes. The same goes for combining meaty entrees with soy foods. Soy foods come in a variety of textures and types, and are compatible with many other proteins, including meats and cheeses. When soy foods replace part of the animal protein in recipes, they also reduce some of the cholesterol. The turkey recipes were winners in a 2023 recipe contest co-sponsored by The Iowa Turkey Federation and The Soyfoods Council.



Herb and Pistachio Crusted Beef Tender

with Tofu Bearnaise,
Carrots and Parsnip Purée

MAKES 4 SERVINGS

What a winning combination: High-quality ingredients are simply prepared and sensationably sauced so all the flavors shine through. Petite tender beef shoulder is a cut also known as chuck shoulder tender. It is shaped like a beef tenderloin, although smaller, more affordable, and oh-so-satisfying when accompanied by Tofu Bearnaise sauce. This is one more example of how soy foods complement meat.

From Executive Chef David Perez of Hyperion Field Club in Johnston, Iowa

HERB AND PISTACHIO CRUST

¼ cup shredded Parmesan cheese
¼ cup pistachios
1 bunch parsley
salt and pepper, to taste

BEEF

1 lb. petite tender shoulder,
cut into 4 pieces
as needed, soybean oil

TOFU BEARNAISE SAUCE

2½ (12.3 oz) packages silken
firm tofu
2 Tbsp. lemon juice
¼ cup dry sparkling white wine
¼ cup soybean oil
1 Tbsp. fresh tarragon, chopped
⅛ tsp. turmeric
3 dashes of hot sauce

salt and pepper, to taste

DEMI-GLACE SAUCE

1 cup purchased
demi-glace sauce
favorite hot sauce to taste

PARSNIP PURÉE

1 lb. parsnips, peeled
1 tarragon stem
1 qt. heavy cream or
unsweetened soymilk
salt and pepper, to taste

RAINBOW CARROTS

1 lb. rainbow carrots, washed
and cleaned
2 Tbsp. soybean oil
salt and pepper, to taste

- 1 Preheat oven to 400°F.
- 2 **HERB AND PISTACHIO CRUST:** Place ingredients in food processor; coarsely chop.
- 3 **BEEF:** Coat beef with soybean oil, roll in herb crust mixture; place on sheet pan. Roast for 15 minutes or until desired doneness.
- 4 **TOFU BEARNAISE:** In a blender, add ingredients; blend until smooth. Heat when ready to serve.
- 5 **DEMI-GLACE SAUCE:** Add favorite hot sauce to prepared demi-glace. Heat when ready to serve.
- 6 **PARSNIP PURÉE:** Place parsnips and tarragon in medium saucepan; cook until tender. Remove tarragon stem. Place in blender; blend until smooth. Add cream or soymilk; blend until smooth.
- 7 **RAINBOW CARROTS:** Toss carrots in oil; season. Place on roasting pan in a 400°F oven. Roast until tender.
- 8 To serve place the meat on 4 plates. Drizzle with tofu sauce and demi-glace sauce. Add parsnip purée; top with rainbow carrots. Serve immediately.



Tofu Firecrackers

MAKES 4 SERVINGS

This eye-popping appetizer tastes as good as it looks. It combines the crunch of tempura, the soft custard-like texture of tofu, and the bite of hot sauce. All it needs is some cold beer.

From Global culinary expert and teacher, Chef Chris Koetke, MBA, CEC, CCE, HAAC, Corporate Executive Chef at Ajinomoto Health & Nutrition North America, based in Itasca, Illinois

- 1 lb. water-packed firm tofu, pressed and drained
- 1 bottle hot sauce
- 2 eggs
- 2 cups cold sparkling water
- 2 cups all purpose flour
- soybean oil as needed for deep-frying

- 1 Cut tofu into dice-sized cubes.
- 2 Place tofu and hot sauce in a bowl. Cover, place in the refrigerator for 4-6 hours. Stir periodically.
- 3 **TEMPURA:** In a large bowl add eggs and sparkling water; mix well. Add flour; mix just until incorporated. If the tempura is too thin, add more flour. If too thick, add more sparkling water.
- 4 Remove tofu from the hot sauce. Coat tofu with tempura; deep fry in soybean oil until lightly brown. Remove from oil; drain on paper towel. Serve immediately.



Easy Stuffed Shells

MAKES 6 SERVINGS

Once you try this pasta recipe you'll wonder why you never thought of doing it before. Combining silken tofu with Parmesan and mozzarella cheese results in a luxurious filling. You are invited to improvise. The blend is quite at home in lasagna and manicotti recipes as well as stuffed shells.

From soy promoter Barb Overlie of Crystal Lake, Minnesota

Soy-izing tip:

Add fresh lemon juice, lemon zest and herbs to soy ricotta as a manicotti filling for lactose-intolerant pasta lovers.

- 18 large pasta shells
- 1 egg
- 1 (12.3 oz.) package soft silken tofu, drained and mashed
- 2 cups shredded mozzarella cheese, divided
- ¾ cups grated Parmesan cheese, divided
- 1 (28 oz.) jar of your favorite pasta sauce
- parsley for garnish, optional

- 1 Preheat oven to 350°F. Cook pasta shells according to package directions; drain. Spray bottom of 13"x 9"x 2" glass baking dish with nonstick cooking spray. In large bowl, beat egg. Stir in tofu; blend well. Add 1¾ cups mozzarella cheese and ½ cup Parmesan cheese.*
- 2 To assemble, spread 1 cup of sauce in baking dish. Fill cooked shells with tofu mixture. Arrange filled shells in baking dish. Pour remaining sauce over shells. Top with remaining mozzarella and Parmesan. Bake, covered with foil, until bubbly, about 30 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.



Tempeh Edamame Pizza

MAKES 1 PIZZA (SERVES 2-3)

The great thing about pizza—in addition to its flavors and textures—is the way it welcomes so many types of toppings. This version is a mash-up of Mediterranean and Asian ingredients. The dynamic duo of tempeh and edamame bring plant protein to the mix.

From Chef Tommy Fello, Tommy's Restaurant, Cleveland Heights, Ohio

DOUGH

- 1 ¾ cups whole wheat or white flour
- ¼ cup soy flour
- 1 Tbsp. active dry yeast
- ¾ tsp. sea salt
- 1 cup warm water
- 1 Tbsp. soybean oil
- 1 tsp. honey
- 6 Tbsp. soy sauce
- 2 cloves garlic, minced
- 2 tsp. minced ginger
- 3 bay leaves
- 1 (8 oz.) package tempeh, cut into small cubes

- 2 Tbsp. soybean oil
- pizza sauce as needed

TOPPING

- 1 cup shelled edamame
- 1 cup sliced mushrooms
- ½ green pepper, seeded, sliced into strips
- ½ cup green olives
- 1 cup each shredded Mozzarella cheese
- 1 cup shredded Provolone cheese

- 1 In a large mixing bowl, add flours, yeast, and salt, mix well.
- 2 Add water, oil and honey, mix until combined. Cover bowl with moist cloth, place in warm spot for 10 minutes to rise.
- 3 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.
- 4 In a small frying pan over medium heat, add oil; heat. Add tempeh, stir-fry until crispy. Place on paper town to absorb any excess oil; set aside.
- 5 Press dough out onto a 14" pizza pan or cookie sheet.
- 6 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.
- 7 Bake in preheated 425°F oven for 15 to 20 minutes or until crust is browned. Cut into 6-8 pieces. Serve immediately.



Chafing Dish Meatballs

MAKES 5 DOZEN MEATBALLS

Nostalgia food alert! These meatballs are a contemporary spin on the slow-cooker version served for decades at parties, baby showers and casual get-togethers with friends. What's different about this version? Its ingredients call for equal amounts of soy crumbles and ground beef, adding plant protein and subtracting some of the cholesterol.

From Linda Funk, Executive Director, The Soyfoods Council

- | | |
|-----------------------------|-------------------------------|
| 8 oz. soy crumbles | ¼ cup soybean oil |
| 8 oz. ground beef | 1 (12 oz.) bottle chili sauce |
| ⅔ cup dry breadcrumbs | 1 (10 oz.) jar grape jelly |
| ½ cup minced onion | |
| ¼ cup unsweetened soymilk | |
| 1 egg | |
| 1 tsp. salt | |
| ½ tsp. pepper | |
| 1 tsp. Worcestershire sauce | |

- 1 In a medium mixing bowl add first 9 ingredients; mix together. Gently shape into 1-inch balls.
- 2 In a large fry pan add oil; heat until hot. Add meatballs; brown. Remove meatballs from fry pan.
- 3 In the fry pan, add chili sauce and jelly; stir until jelly is melted, stirring constantly. Add meatballs; stir until coated. Simmer 20-30 minutes.
- 4 Pour mixture into a chafing dish or serving bowl; serve hot.

Soy-izing tip:

When you replace half the ground beef with TVP/TSP in your own recipes, you're adding fiber and cutting down the cholesterol while maintaining the flavor and texture you expect.



Spice-Crusted Beef Petite Tender Shoulder Steak

with Spicy Tofu-Sweet Potato Butter

MAKES 4 SERVINGS

Cook like a chef, with this meaty recipe served with charred asparagus and Hatch Chile-Sweet Corn Mac and Cheese. You'll be surprised by how well Spicy Tofu-Sweet Potato Butter complements steak.

From Chef Anthony Nace,
Des Moines Downtown
Hilton in Iowa

SPICE-CRUSTED BEEF PETITE TENDER SHOULDER STEAK

1 Tbsp. white sugar
1 Tbsp. brown sugar
1 Tbsp. kosher salt
1 Tbsp. cracked black pepper
1 Tbsp. cracked juniper berry
1 Tbsp. cracked allspice
12 oz. petite tender shoulder steak

SPICY TOFU-SWEET POTATO MIXTURE

2 sweet potatoes, cleaned and
peeled
½ cup firm silken tofu, drained
6 oz. softened butter
salt to taste
hot sauce to taste

HATCH CHILE-SWEET CORN MAC & CHEESE

¼ cup unsweetened soymilk
2 tsp. cornstarch
1 Tbsp. water
1 lb. American cheese
⅓ cup roasted sweet corn
1 cup shredded cheddar cheese
4 cups cooked pasta

CHARRED ASPARAGUS

2 Tbsp. balsamic vinegar
2 Tbsp. soybean oil
½ Tbsp. minced garlic
1 bunch asparagus

- BEEF:** In a small bowl, add sugar through allspice; mix. Apply to the whole petite tender shoulder; rub in. Grill beef to desired doneness, let rest for 5 minutes. Thinly slice into medallions.
- SPICY SWEET POTATO MIXTURE:** In a small saucepan, simmer sweet potatoes in small amount of water until soft. In food processor, add sweet potatoes with cooking water, add tofu; blend well. Add butter; blend. Salt and hot sauce to taste. Set aside
- HATCH CHILE-SWEET CORN MAC & CHEESE:** In a large saucepan add milk; bring to simmer. In a small bowl add cornstarch and water; blend. Add to milk; stir together. Stir until thickens. Slowly add American cheese, let it melt into sauce. Finish with salt and salsa to taste. Add sweet corn and cheddar cheese; mix. Add pasta; blend. Set aside.
- CHARRED ASPARAGUS:** In a small mixing bowl add oil, vinegar, and garlic; mix. In a small glass pan add asparagus. Pour oil mixture over. Let sit for 10 minutes.
- In a broiler pan, place under broiler; broil for 4 minutes. Or cook on hot grill for 4 minutes. Finish with salt and cracked black pepper to taste.
- To plate, place meat on 4 plates. Add dollop of sweet potatoes, about 1 cup mac and cheese and divided asparagus. Serve immediately.



Turkey Roulade

with Smoked Tofu

MAKES 5-6 SERVINGS

This triple-protein recipe pairs turkey with smoked tofu and pine nuts, spinach, roasted red peppers and Swiss cheese on a plantain chip. The dish is finished with green curry and edamame coulis. Roulade, you may recall, is a thick slice of meat rolled around a filling—in this case a crumbled smoked tofu mix with the pine nuts, spinach and roasted red peppers. Traditionally, coulis is a thick sauce or purée.

From Chef Raul Murrillo of Iowa Events Center in Des Moines, Iowa

ROULADE

- 1 pound tofu, smoked tofu (purchase smoked tofu), crumbled
- ¾ cup pine nuts
- 1 small roasted red pepper, sliced into bite-size pieces (use jarred if more convenient, about ⅓ cup, drained)
- 1 turkey breast, pound to flatten salt and pepper to taste
- 3 slices Swiss cheese, thinly sliced

COULIS

- 6 oz. shelled edamame beans, cooked according to package directions
- ⅓ cup unsweetened soymilk
- 1 Tbsp. green curry paste
- 2 oz. soft silken tofu, drained salt and pepper to taste

FRIED PLANTAIN CHIPS

- 2 Tbsp. soybean oil
- 1 plantain, sliced into ½” coins

- ROULADE:** In a small mixing bowl add roulade ingredients except turkey; mix. Salt and pepper to taste.
- On a cutting board, place turkey breast; spread tofu mixture over turkey breast, layer with three Swiss cheese slices, thinly sliced. Roll turkey tight; wrap in plastic. Place in refrigerator for 30 minutes. On small baking sheet pan, place turkey roll seam side down, or tie with kitchen twine. Bake for 40 minutes or until it reaches 165°F. Let turkey rest for 10 minutes. Remove twine if used. Slice into ½” sections.
- COULIS:** In a food processor, add all ingredients; blend until smooth. If too thick add 1 Tbsp. soymilk; blend.
- PLANTAIN CHIPS:** In a medium fry pan, add oil heat. Add plantain; fry until soft; then smash flat. Continue to fry until crispy. Season with salt and pepper.
- To assemble, place plantain slices on 5 individual plates; top with a slice of roulade. Drizzle with coulis. Garnish with additional plantains. Serve immediately.



Sweet Potato with Miso Butter

MAKES 1 SERVING

Is it a snack, a small meal or a side dish? The answer: It can be all three. Miso is a fermented food, and adds umami (savory) flavor along with potential health benefits. You'll never look at sweet potatoes the same way again. The recipe can be made in minutes, in a microwave.

From Linda Funk, Executive Director of The Soyfoods Council

Soy-izing Tip

Stir in a bit of miso at the end of cooking to add extra complexity to sauces, soups, stews and chili. Add a bit of miso to salad dressings, or soy crumbles. For desserts, miso helps create a salty-sweet balance of flavors. See what it does for chocolate chip cookies, brownies, banana bread or molasses cookies.

- 1 sweet potato, washed
- 2 tsp. red or white miso
- 2-3 Tbsp. butter

Direction for microwave cooking whole sweet potato

- 1 Pierce with sharp knife. Several piercings assure potato will not explode in microwave.
- 2 Cook sweet potato in microwave until fork-tender.
- 3 In a small bowl combine miso and butter; microwave for 20 to 30 seconds.
- 4 Mix well. If butter and miso are not combined, microwave for another 10 to 15 seconds.
- 5 Drizzle butter mixture over the cut sweet potato. Serve immediately.

Directions for cutting and cooking hasselback sweet potato

- 1 Use handles of wooden spoons as guides. Lay them right next to the two long sides of each potato. As you slice downward, your knife will hit the spoons, stopping you from cutting through the bottom of the potatoes. Keep the slices thin. If slices are too thick, they won't become fully tender in the middle. Try to cut each one about 1/8 inch thick. Use a very sharp knife.
- 2 On baking sheet place potato; put in 425°F oven. Bake 40 minutes or until tender.
- 3 In a small bowl combine miso and butter; microwave for 20 to 30 seconds.
- 4 Mix well. If butter and miso are not combined, microwave for another 10 to 15 seconds.
- 5 Drizzle butter mixture over the cut sweet potato. Serve immediately.



Chicken Marsala

MAKES 2 SERVINGS

There's something comforting and satisfying about creamy Marsala sauce. The mushroom and Marsala flavors of the sauce carry this dish. Don't hesitate to put a spin on Italian tradition, though. Stirring a tablespoon of white miso into the sauce further accentuates the earthiness.

From The Soyfoods Council

MARSALA SAUCE

1 Tbsp. soybean oil
½ cup sliced cremini mushroom
¼ cup Marsala (sweet fortified wine)
½ cup unsweetened soymilk
½-1 tsp. sugar
¼ cup chicken stock
1 Tbsp. white miso
¼ cup soft silken tofu
salt and pepper to taste

CHICKEN

½ cup brown rice flour
½ cup soy flour
2 eggs
2 (6 oz.) chicken breasts
3 Tbsp. soybean oil
6 asparagus spears
6 carrots

- 1 **SAUCE:** In a medium saucepan, add oil; heat. Add mushrooms, sauté about 1 minute.
- 2 Add Marsala wine (be careful as the wine will flare up), add remaining sauce ingredients. Bring to a boil; simmer for 3 minutes, stirring constantly. Season with salt and black pepper.
- 3 **CHICKEN:** In a medium bowl, add flours; mix.
- 4 In another medium bowl add egg; whisk. Add chicken to egg mixture; coat all sides. Take chicken out of egg mixture, place in flour, coat each side.
- 5 In a large skillet pan, over medium heat, add oil; heat. Add chicken breasts cook approximately 4-5 minutes on each side until nicely browned. Place thermometer in thickest part of chicken breast. Internal temperature should be 165°F.
- 6 Place chicken on individual plates. Drizzle sauce over chicken. Garnish with al dente (cooked but still firm) asparagus and cooked carrots or favorite vegetables. Serve immediately.



Tofu Banana Yogurt

MAKES 4 SERVINGS

No matter what time you wake up, there's time to make this before leaving the house. Despite the recipe name, this one-dish meal contains no yogurt—but it does have that familiar flavor. The combination of ingredients with tofu—banana, vanilla, agave and lemon juice—demonstrate how satisfying soy protein can be for breakfast, afternoon or late-night snacks.

From The Soyfoods Council

- 1 (12.3 oz.) package soft silken tofu, drained
- 1 ripened banana
- 1 tsp. vanilla extract
- 2 Tbsp. agave syrup
- 2 Tbsp. lemon juice
- 1 cup granola
- raspberries

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



Easy Tofu Soufflé

MAKES 1 SERVING

Simplicity is the name of the game, especially on busy mornings. What could be simpler than a recipe made with two main ingredients in two to three minutes? The result is a satisfying blend of the novel and the familiar. Don't be surprised if you start craving this soufflé as a quick lunch or late-night snack.

From Masako (Masi) Tateishi, United States Export Council (USSEC), Deputy Country Director, Japan

- ¼ package of soft silken tofu
- 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

- 1 In a small bowl add tofu and egg; whisk until combined.
- 2 Pour into a small microwaveable ramekin; add vegetables.
- 3 Cover to cook. Microwave for 2 to 3 minutes or until egg is cooked.
- 4 Salt and pepper to taste, garnish. Serve immediately.



FRESH IDEAS FOR SALADS & DRESSINGS

Salads, soy foods and sustainability all work well together. Thanks to U.S. soybean farmers, soy has the lowest carbon footprint compared to other types of plant proteins. Soy offers a sustainable and more environmentally friendly solution to the growing demand for plant-based proteins. In the world of soy foods, edamame —fresh green soybeans—may be the ultimate idea for salad ingredients. They add protein, texture, color and flavor. Sprinkle them on salads at will: ½ cup of shelled edamame adds 11 grams of protein.



Edamame Bean Salad

MAKES 10 SERVINGS

Our grandmothers had another version of this salad. This next-gen version is *our* three-bean salad and it has moved up to four beans, adding black soybeans and edamame to the mix.

From Chef Joni Bell, owner, Great Caterers of Iowa, Des Moines, Iowa

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

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

Soy-izing tip:

You can feel good about using affordably priced soybean oil (vegetable oil) in salad dressings and other recipes. It's low in saturated fat, high in polyunsaturated fat and contains both essential fatty acids. Soybean oil carries a health claim approved by the U.S. Food and Drug Administration for lowering blood cholesterol levels.



Tofu Ranch Dressing/Dip

MAKES ½ CUP

A consistent favorite with kids and adults alike, Ranch Dressing makes a great dip, garnish, sandwich spread and more. The only limit is your own imagination.

From The Soyfoods Council

- 1 (12.3 oz.) package soft silken tofu, drained
- 5 Tbsp. soybean oil
- 2 Tbsp. lemon juice
- 1 tsp. garlic powder
- 1 tsp. parsley
- 1 tsp. onion powder
- 1 tsp. black pepper
- 2 tsp. salt

- 1 In a food processor add all ingredients; purée until smooth. If too thick, add water to thin.
- 2 Serve with crackers, chips, pretzels or fresh vegetables.



Roasted Cauliflower, Butter Bean and Edamame Salad

MAKES 4-6 SERVINGS (9 CUPS)

You may think the salad name says it all, but that's only because you haven't yet experienced the dressing. Serve the salad solo, or top it with grilled fish, salmon, shrimp, chicken, beef, hard-boiled eggs or feta cheese.

Adapted from Liz Weiss, MS, RDN and Media Dietitian

Soy Shortcut

In a hurry to make creamy salad dressing? Simply combine an envelope of Ranch dressing mix with a package of shelf-stable silken tofu in a blender or food processor.

SALAD

- 1 medium cauliflower (about 2 pounds), cut into 2-inch florets (about 7 cups)
- 2 Tbsp. soybean oil
- Generous ¼ tsp. kosher salt
- ¼ tsp. black pepper
- 4 cups favorite greens (kale, butter lettuce, spring mix etc.)
- 1 (15 oz.) can butter beans, drained and rinsed
- ½ cup thinly sliced celery
- ½ cup pitted green olives (about 10), sliced in half
- ¾ cup edamame, shelled, cooked according to package directions
- 2-3 Tbsp. toasted sliced almonds
- 2-3 basil leaves, coarsely chopped, more if desired

DRESSING

- 4 Tbsp. soybean oil
- 2 Tbsp. lemon juice
- 2 Tbsp. finely chopped fresh basil leaves
- 1 tsp. Dijon mustard
- 1 tsp. honey
- 1 tsp. minced garlic
- salt and pepper to taste

- 1 Arrange a rack in the middle of the oven; preheat to 425°F. Line a rimmed baking sheet with parchment paper; set aside.
- 2 **SALAD:** Place cauliflower florets in large bowl. Drizzle oil over florets; gently toss to combine. Season with salt and pepper. Transfer to prepared baking sheet. Bake, turning halfway through, until golden and tender, 20 to 24 minutes.
- 3 **DRESSING:** While cauliflower is roasting and before assembling salad, prepare dressing. Place oil, lemon juice, basil, Dijon mustard, honey, and garlic in a Mason jar (or place in small mixing bowl and whisk together) with a tight-fitting lid. Shake to combine. Adjust flavor with salt and pepper.
- 4 To assemble, arrange greens, beans, celery and olives in a large, shallow bowl or platter. Pour half the dressing over mixture; toss gently to combine. Top with cooked cauliflower and edamame; add remaining dressing. Toss to combine. Top with sliced almonds; garnish with basil.
- 5 Serve warm or cold. Add fish or meat on top if desired.



Silken Green Goddess Dressing

MAKES ½ CUP

Do you know what really makes this a goddess-worthy dressing? The fact that the goddess in the kitchen doesn't have to do any hard work to make it. And yes, it's green. This dressing is reminiscent of the Green Goddess salad dressing created more than 100 years ago at The Palace Hotel in San Francisco. That version was mayonnaise-based and included anchovies and tarragon vinegar, along with green herbs and garlic.

From Chef Alex Strauss, Hy-Vee Market Café, West Des Moines, Iowa

Soy Short Cut

Avocado and soy seem to have an affinity for each other. Here's another avocado dressing idea: Combine ½ cup each of silken tofu and soy sour cream, 2 avocados, chopped green onions and minced garlic.

- 1 (12.3 oz.) package soft silken tofu, drained
- 2 avocados, skin and pit removed
- juice from 1 lemon
- ¼ cup soybean oil

- 1 In a blender, add all ingredients; blend until smooth.
- 2 Serve over lettuce salad.



Sweet Garlic Wasabi Tofu Dressing

MAKES 10 SERVINGS

A wedge of lettuce served with blue cheese dressing used to be all the rage about half a century ago. Often, it accompanied a steak dinner. Now we can rewrite history with a lively plant-based salad dressing that incorporates soy and is flavored with wasabi (Japanese horseradish) and garlic. It still goes well with lettuce wedges, but also complements creative ideas like Asian Cobb Salad.

From Kerri Rush, aka “The Wheatgrass Girl,” owner, farmer and chef at Fresh Wheatgrass Girl Farm in Carlisle, Iowa

- 1 (12.3 oz.) package of soft silken tofu, drained
- ¼ tsp. wasabi powder
- 1 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 2 cloves garlic
- 2 Tbsp. Veganaise (vegan mayo made with soy)
- 1 Tbsp. agave nectar
- 1 tsp. Himalayan salt

- 1 In a blender add all ingredients; blend until smooth.
- 2 Serve over Asian Cobb Salad — an iceberg lettuce wedge, tomato, avocado, shredded carrots, edamame and coconut bacon made with baked coconut, liquid smoke, maple syrup and smoked paprika or salad of choice.



Basil Lime Dressing

with watermelon and blueberries

MAKES ½ CUP DRESSING

Summer on a plate meets a walk through the herb garden. Plant protein from tofu is completely at home in the fresh environment of this salad.

From food professionals
Lauren Grant and Celia Bravard

DRESSING:

¼ cup + 2 Tbsp. soft silken tofu
2 Tbsp. plain Greek yogurt
1 tsp. lemon juice
1½ tsp. lime juice
2 green onions, chopped
¼ cup + 2 Tbsp. fresh basil leaves, chopped
2 Tbsp. Parmesan cheese, grated
1 Tbsp. Dijon mustard
pinch black pepper, to taste

SALAD:

romaine hearts
watermelon, cut into matchsticks
fresh blueberries
chopped pecans
cucumber, cut into matchsticks
strips of fresh basil

- 1 **FOR DRESSING:** In a food processor, add all dressing ingredients. Pulse until very smooth. Use immediately with salad.
- 2 **FOR SALAD:** In a large salad bowl, add all ingredients; toss.



Lola's Masala Ranch Dressing

MAKES 16 SERVINGS

Ranch Dressing goes global with the addition of soy sauce, hot sauce and Indian spices. The dressing enhances a salad blend of hearts of romaine, avocado, dried edamame, and dried cranberries.

From Chef Hannah Elliot, formerly of Lola's Fine Kitchen in Ankeny, Iowa

DRESSING

- 1 (12.3 oz.) package soft silken tofu, drained
- 2 Tbsp. soybean oil
- 2 Tbsp. Bragg Liquid Aminos or soy sauce
- 1 Tbsp. distilled white vinegar
- 3 Tbsp. lemon juice
- 1 Tbsp. agave nectar
- 1 clove garlic, minced
- 1 Tbsp. nutritional yeast
- 1 tsp. garam masala spice blend
- 1 Tbsp. hot sauce
- 1 tsp. kosher salt
- ½ cup fresh mint
- ¾ cup parsley
- ¾ cup cilantro, optional



- romaine lettuce
- avocado
- garnish with dried cranberries
- garnish with dried edamame

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



SOY SWEET INDULGENCES FOR DESSERT

If you're just starting to use soy ingredients, desserts are a great place to start. Soy foods make for sweet endings as well as sweet starts. These recipes are easy and straightforward. Your intention isn't to dazzle your family and friends, but sometimes you just won't be able help it. Don't be surprised if it happens when you serve any of the following. Soy foods may become your new favorite ingredient for quick desserts.



Vanilla Soymilk Ice Cream

with Caramel, Soynut Butter and Chocolate-Covered Soynuts

MAKES 4 SERVINGS

This triple whammy of soymilk, soynut butter and soynuts is a game-changing recipe in the plant-based ice cream arena. Things get even better when the caramel and chocolate kick in. Soymilk doesn't like to brag, but it's a standout among plant-based milk and the only one specifically mentioned in the USDA Dietary Guidelines for Americans. Fortified soymilk—with calcium, vitamin A, and vitamin D—is included as part of the dairy group in the Guidelines because it is similar to dairy milk in its nutrient composition and its use in meals.

From Grace Madler, 2023 North Dakota Soybean Council Soy Recipe Contest winner, from North Dakota State College of Science, Culinary Arts

- 2 vanilla beans
- 4 cups plain or vanilla soymilk
- 2 cups powdered sugar
- 8 egg yolks
- 2 tsp. cornstarch
- ¼ cup prepared caramel sauce, plus some for topping
- ¼ cup soynut butter, plus some for topping
- ¼ cup chocolate-covered soynuts, plus some for topping

- 1 Cut vanilla beans in half to remove the seeds.
- 2 In a medium saucepan, over medium heat, add soymilk, vanilla bean seeds and pod; let steep for 10 minutes.
- 3 Remove vanilla bean pod from soymilk; discard pod.
- 4 In a medium mixing bowl, mix powdered sugar, egg yolks and cornstarch.
- 5 Slowly add soymilk to egg mixture, whisking continually. Heat mixture in a medium saucepan over low heat, until it thickens.
- 6 Cool mixture in refrigerator for 2-3 hours; covered. Place mixture into ice cream maker; follow ice cream maker directions for processing.
- 7 Swirl in caramel, soynut butter and chocolate-covered soynuts. Scoop and top ice cream with more caramel, soynut butter and chocolate-covered soynuts. Serve.



Citrus Tofu Tarts

MAKES 3 TARTS

This light and refreshing tart is the perfect ending to a robust meal. It can also be made as a single pie.

From Abigail Schaefer, 2023 North Dakota Soybean Council Soy Recipe Contest winner, from North Dakota State College of Science, Culinary Arts

Soy Shortcut

Dress up desserts by whisking or blending sweet additions into a package of silken tofu along with a bit of confectioner's sugar if desired. Try adding maple syrup with a bit of cinnamon to serve with gingerbread, or raspberry preserves to serve as a garnish for rich chocolate cake.

CRUST

- 1 prepared pie crust
- ¼ cup flour

FILLING

- 1 cup marshmallow fluff
- 2-3 Tbsp. fresh lemon or orange juice
- ½ cup powdered sugar
- 6 oz. silken tofu, well drained
- 3 egg whites
- ¼ cup powdered sugar



Garnish with lemon or orange zest

- 1 Preheat oven to 325°F.
- 2 Cut out large circles (approximately 4") of pie crust; sprinkle with flour.
- 3 Place cut-outs on the back of a muffin tin (so tin is upside down), gently mold crust to the tin. Bake crusts in oven until golden (10-12 minutes). Once done, let cool completely.
- 4 In a medium mixing bowl, whip marshmallow fluff, fruit juice, powdered sugar, and tofu until mixed.
- 5 In separate medium mixing bowl, add egg whites; beat until soft peaks form. Add additional ¼ cup powdered sugar; whip until stiff peaks form.
- 6 Gently fold egg white mixture into the tofu mixture with a rubber spatula until just combined. Do not over mix. Place filling in a pastry bag. Fill cooled crust in circular motion. Sprinkle with lemon or orange zest. Toast tarts in broiler until filling is slightly golden brown and warm throughout. Serve warm.



Chocolate Tofu Ice Cream

MAKES 5½ CUPS

Ready for a scoop of soy-rich indulgence? This easy recipe has all the makings of a go-to dessert for just about any occasion. What's more, it makes the point that chocolate soymilk isn't just for drinking. The recipe creator recommends using Hershey's chocolate syrup.

If you really want to live it up, you might consider customizing this dessert with a drizzle of Miso Caramel Sauce (page 18).

From Janet Pittman, Iowa food professional, Des Moines, Iowa

- 1 envelope unflavored gelatin
- ¼ cup water
- 2 cups chocolate soymilk, divided
- 8 oz. soft silken tofu, drained
- ½ cup chocolate syrup
- ½ cup sugar
- 1 tsp. vanilla

- 1 Sprinkle gelatin over water. Microwave 15 to 20 seconds or until gelatin is dissolved. Stir in 1 cup of chocolate soymilk. In a blender container, add tofu and remaining 1 cup soymilk; blend until smooth. Add gelatin-soymilk mixture, chocolate syrup, sugar and vanilla; blend.
- 2 Place in ice cream freezer container. Freeze according to manufacturer's directions. Place in another container; cover, and freeze. Remove from freezer about 5 minutes before serving.



Elizabeth's Chocolate Pudding Pies

MAKES 6 SERVINGS

“Who’s Elizabeth?” you might ask. Chef and grillmaster Elizabeth Karmel is the author of several cookbooks, including *Taming the Flame* and *Smoked, Slathered and Seasoned*. Chocolate Pudding Pies are an adaptation of her no-bake dessert. It’s destined to become a classic, so silky and satisfying, yet oh-so-simple to make.

From Elizabeth Karmel, chef, cookbook author and grillmaster

- 1 (12.3 oz.) package firm silken tofu, drained
- 1 cup powdered sugar
- 1 cup high-quality cocoa
- 1 Tbsp. vanilla
- 6 individual, prepared graham cracker crust pie shells
- ½ pint of heavy whipping cream, whipped
- as needed for garnish, raspberries
- as needed for garnish, shaved chocolate or mini chocolate chips

- 1 In a blender, add tofu, powdered sugar, cocoa, and vanilla; blend until smooth; chill for 30 minutes.
- 2 Spoon into individual pie shells—or dollop into serving dishes. 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.



Chocolate Soynut Butter Pie

MAKES 1 PIE

Pie and coffee go together like, well, soynut butter and chocolate—but not everything in the dessert universe is so harmonious. Perhaps this pie can bring the 2 sides closer together in that age-old clash between pie-lovers and cake-lovers. Few can resist layers of flavor that are reminiscent of a favorite candy bar. The texture, thanks to tofu, is luxurious. Bottom line: Pie filling can be just as decadent as cake icing. Do we all agree?

From Shireen Alemadi, Outreach and Engagement Director, North Dakota Soybean Council

Soy-izing tip:

This conversation-starting dessert is a great option for those who have peanut allergies.

- 1 (12.3 oz.) package of firm silken tofu, drained
- ½ cup soymilk, original or chocolate
- ½ cup Wowbutter® (soybean nut butter)
- 12 oz. semi-sweet chocolate chips
- ¼ cup dark chocolate chips
- ½ Tbsp. butter
- 1 pre-made 10-inch graham cracker pie crust

- 1 **PIE FILLING:** In a medium mixing bowl add soymilk, tofu, and Wowbutter®; blend until smooth. In a microwave safe bowl, add chocolate chips and butter. Microwave for 30 seconds, stir. Repeat until melted.
- 2 In a blender, add melted chocolate and pie filling mixture; blend until smooth. Mixture gets thick, so stop the blender to stir ingredients. Then blend again.
- 3 After filling is completely mixed and smooth pour it into the pre-made crust. Chill for 12 – 24 hours. Cut and serve.



Silky Lemon Tofu Pudding

MAKES 8-10 SERVINGS

Two ingredients. That's it. Then, all you have to do is open a tofu package, unscrew the lid on a jar of lemon curd and turn on your blender. When you serve it, prepare to accept compliments.

From The Soyfoods Council

- 1 (10 oz.) jar lemon curd
- 1 (12.3 oz.) package firm silken tofu, drained
- as needed for garnish, raspberries (or fruit of choice) and whipped topping

- 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 or layer in parfait glass with whipping cream or soy whip.
- 3 Garnish with raspberries or fruit of choice.



Swirled Caramel Tofu Cheesecake

MAKES 16-18 SERVINGS

Caramel and cheesecake are two dessert words that carry a lot of clout—as in, you hear them and you get hungry right away. Once you try this dessert, tofu might become a new dessert word, too.

From Alexis Harstad, 2024 North Dakota Soybean Council Soy Recipe Contest winner, from North Dakota State College of Science, Culinary Arts

CRUST

7½ cups gluten free oatmeal
3¾ cups brown sugar
2 Tbsp. honey
1 tsp. ground cinnamon
¼ tsp. kosher salt
¼ cup + 1 Tbsp. soybean oil

6 Tbsp. unsalted butter

CARAMEL

¼ cup water
2 Tbsp. red miso
1 cup cream
5 cups sugar
1 cup water

CHEESECAKE

24 oz. water-packed extra-firm
tofu, drained
1 cup sugar
1 tsp. vanilla extract
¼ tsp. salt
¼ cup soybean oil
2 Tbsp. lemon juice

- 1 Preheat oven to 350°F.
- 2 **CRUST:** In a large mixing bowl, combine oats, brown sugar, honey, cinnamon, salt and oil. Using hands, distribute ingredients. Spread even layer in 13"x9" pan. Bake for 30 minutes, stirring every 10 minutes.
- 3 After baking, let oats cool completely, about 10-15 minutes. Oats will harden as they cool to granola-like texture. Stir occasionally to keep from sticking to pan.
- 4 Transfer mixture to food processor. Pulse 2-3 times to break up any larger pieces, then process on high for 30-60 seconds until oats resemble coarse crumbs.
- 5 In a medium mixing bowl add oats. Stir while slowly adding melted butter. Once all crumbs are coated with butter, transfer to greased 10" springform pan. Use bottom of measuring cup, press crumbs into bottom of pan and up the sides. Bake for 7 to 8 minutes. Cool completely; set aside.
- 6 **CARAMEL:** In a small bowl, add ¼ cup water to miso; mix; set aside.
- 7 In a small sauce pan, add cream; heat until just before boiling point; turn off heat.
- 8 In a large deep sauce pan over medium heat, add sugar and 1 cup water; stir to dissolve sugar. Bring to a boil without further stirring. When sugar mixture turns golden brown, remove pan from heat.
- 9 Pour preheated cream in carefully, a little at a time, as caramel will bubble; stir to combine. Whisk in miso mixture. Return saucepan to low heat; simmer 1 minute. Allow mixture to cool; pour into measuring cup.
- 10 **CHEESECAKE:** In a large mixing bowl, crumble tofu into small pieces. Add sugar, vanilla extract, salt, oil and lemon juice; mix well. In a food processor, add tofu mixture; blend well.
- 11 Pour cheesecake mixture into prepared springform pan with crust. Top with miso caramel, swirl with measuring cup.
- 12 Place cheesecake into center of oven; bake at least 20 minutes. When top is beginning to brown, remove cheesecake; allow to cool in refrigerator.



Soy Cannoli

MAKES 28 PASTRIES

This idea incorporates soy flour and soy ricotta. We also should thank the Sicilian who invented the original version of this traditional Italian dessert, way back when. You can buy soy flour online and have it shipped right to your door. Supermarket brands of soy ricotta include Tofutti Better than Ricotta. You can also buy it online at PlantX.com and elsewhere.

From Gabriella Birchem, 2024
North Dakota Soybean Council Soy Recipe Contest winner, from North Dakota State College of Science, Culinary Arts

SHELLS

- 1¾ cups soy flour (scoop and level to measure)
- 1½ Tbsp. granulated sugar
- ¼ tsp. salt
- 3 Tbsp. unsalted butter, diced into small pieces
- ⅓ cup Marsala wine, (sweet fortified wine) then more as needed
- 1 large egg
- 1 egg white
- as needed for frying, soybean oil (about 8 cups)

FILLING

- 1 (32 oz.) container soy ricotta
- 1½ cups powdered sugar
- ¾ cup mini chocolate chips
- ¼ tsp. ground cinnamon

- CANNOLI SHELLS:** In a food processor add flour, sugar, and salt. Pulse in short bursts about 10 times. Add butter; pulse in short bursts, just until there aren't clumps of butter.
- Add Marsala wine and egg; pulse to mix well. If needed add a bit more wine, pulse while adding to bring dough together in a soft shaggy mass. (You shouldn't need more than a few extra Tbsp. wine). Shape into a round; transfer to oiled medium mixing bowl. Cover; let rest at room temperature for at least 30 minutes, up to 2 hours. Heat a large saucepan add approximately 1½" soybean oil; heat to 345°F-355°F. Working with half the dough at a time (keeping other half covered in bowl), roll dough out very thinly (nearly ⅛") onto a well-floured surface.
- Using 3½" to 4" cookie cutter, cut dough into rounds. Spray cannoli forms with cooking spray; wrap individual dough circles around each form. while brushing about ¾" of one end lightly with egg white (use pastry brush or fingertip to press edge to opposite side).
- Using metal tongs, carefully immerse shell in preheated oil and fry until golden brown and crisp, about 1-2 minutes (watch oil temp so it doesn't get too hot and burn shells). Fry up to 6 shells at a time. Remove shells from oil using metal tongs; drain. Place on paper towels. Use metal tongs to hold mold (or folded layers of paper towels); wrap paper towel around shell to carefully slide off the form. Let forms cool; repeat process with remaining dough circles. Shake excess flour from scraps, press back together, cover in bowl; let sit at least 10 minutes then reuse.
- Allow to cool on wire rack then fill with cannoli filling and decorate as desired —with melted chocolate on edges, chopped pistachios, mini chocolate chips or dust tops with powdered sugar.
- CANNOLI FILLING:** In a medium mixing bowl add all ingredients; gently mix together.
- Transfer into a piping bag fitted with a large round tip. Pipe filling into cooled cannoli shells.



No-Bake Chocolate Cookies

MAKES 20 COOKIES

These are so good—and so easy—that you might want to double the recipe. Really, do you think 20 cookies is going to be enough? Kids love them for snacks, and that doesn't even take adult tastes into account. These cookies might be magic, because they have a way of disappearing.

From Tim Dahl, chef at Pizza Brutta in Madison, Wisconsin

- ¾ cup sugar
- 2 Tbsp. unsweetened cocoa powder
- ¼ cup vanilla soymilk
- 1 Tbsp. soft butter
- ¼ cup soynut butter
- 1¼ cups rolled oats
- ½ cup soynuts, coarsely chopped
- 1 tsp. pure vanilla extract

- 1 Line a baking sheet with waxed paper; set aside.
- 2 In a medium saucepan, add sugar and cocoa; stir to combine. Stir in soymilk and butter. Bring to a full rolling boil over medium heat, stirring constantly. Remove from heat.
- 3 Stir in soynut butter, oats, soynuts and vanilla; blend well.
- 4 Drop warm oat mixture by spoonfuls onto waxed paper. Chill until firm. Refrigerate leftovers.



Toffee Bars

MAKES 30 BARS

These bar cookies and coffee were made for each other. Just a word of advice, though: Chocolate fans might want to add a second melted chocolate bar to this recipe. If you're one of them, go ahead.

From Linda Funk, Executive Director of The Soyfoods Council

- 1 cup butter, softened
- 1 cup firmly packed brown sugar
- 1 egg yolk
- 1 tsp. vanilla
- ¼ tsp. salt
- 1½ cups all-purpose flour
- ½ cup soy flour
- 1 (4.4 oz.) bar of milk chocolate, melted
- ¾ cup chopped soynuts or chopped pecans

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

Soy-izing Tip:

Adapt your childhood favorite cookie recipes as Linda Funk did here, by replacing some of the flour with soy flour and using chopped soynuts in place of peanuts or tree nuts.



Mixed Berry Delight

MAKES 4 SERVINGS

This one-pan dessert—made with a combination of firm tofu, cream cheese, whipped topping and mixed berries—has already started winning awards.

From Joyce Conard, 1st place winner in the Kansas Soybean Commission's 2023 Kansas State Fair Heart Healthy Recipe Contest

- 14 oz. water-packed firm tofu, drained
- 16 oz. frozen mixed berries
- 2½ Tbsp. cornstarch
- ½ cup sugar
- 3 cups graham cracker crumbs
- 1 cup butter or margarine, melted
- 8 oz. cream cheese, softened
- 8 oz. whipped topping
- Garnish with berries

- 1 Remove tofu from package; place paper towels on baking sheet. Place tofu atop paper towels. Place cutting board on top, then add a heavy pot. Leave in place for about 20 minutes to remove extra water.
- 2 In sauté pan, cook berries, cornstarch and sugar over medium heat until thick. Remove from heat; cool.
- 3 In a medium mixing bowl, add graham cracker crumbs and margarine; blend well. Press into 9"x13" pan.
- 4 In a blender, add cream cheese and tofu; blend until smooth. Place mixture in a medium mixing bowl, fold in whipped topping; set aside.
- 5 When berry mixture is cool, fold into cream cheese mixture; pour onto graham cracker crust pan. Refrigerate until set.
- 6 Cut into squares; serve. Garnish with fresh berries if desired.



Chocolate Chip Tofu Cookies

MAKES 55 COOKIES

Water-packed tofu isn't exactly a secret ingredient but these cookies have the potential of becoming part of your stash of secret recipes. Soy does double duty in these crunchy, and chewy cookies. The soy flour imparts a nutty flavor; the tofu replaces the egg and adds to the texture.

From The Soyfoods Council

- | | |
|----------------------------------------|------------------------------------------------------|
| 1½ cups oatmeal | 1 cup packed brown sugar |
| 2 cups all-purpose flour | 1 cup granulated sugar |
| ¼ cup soy flour | 1 tsp. vanilla extract |
| 1 cup textured vegetable protein (TVP) | 8 oz. water-packed soft tofu, well-drained and cubed |
| 1 tsp. baking powder | 12 oz. package semi-sweet chocolate chips |
| 1 tsp. baking soda | |
| 1 cup butter | |

- 1 Preheat oven to 375°F.
- 2 In a food processor or blender, process oatmeal until the consistency of coarse flour. Add flours, TVP, baking powder and baking soda; process until combined. Set aside.
- 3 In a food processor, combine butter, sugars and vanilla; process until smooth. Add tofu, process until smooth. Pour mixture into a large bowl; add flour mixture, 1 cup at a time, stirring until combined. Stir in chocolate chips. If the dough is too soft, chill until dough is stiff or add 2-4 tablespoons all-purpose flour.
- 4 Drop dough by rounded teaspoons on ungreased baking sheet, 2 inches apart.
- 5 Bake 8 to 10 minutes or until golden around edges.



Apricot Oatmeal Soy Cookies

MAKES 4½ DOZEN

These aren't your mom's oatmeal cookies. They're fortified with soy protein and soy flour. Their chewiness comes from dried apricots, cranberries and coconut. You might crave a couple cookies at breaktime, dessert, bedtime or breakfast. You should indulge yourself.

From Linda Funk, Executive Director of The Soyfoods Council

- | | |
|-----------------------|---------------------------------------------------------------|
| 1 cup butter | ½ tsp. salt |
| 1 cup brown sugar | 1½ cups oatmeal |
| ½ cup sugar | 1½ TSP/TVP (Textured Soy Protein/ Textured Vegetable Protein) |
| 2 large eggs | 1 cup chopped dried apricots |
| 1 cup flour | ¾ cup dried cranberries |
| ½ cup soy flour | ¾ cup coconut, optional |
| 1 tsp. baking soda | ¾ cup slivered almonds, toasted or chopped macadamia nuts |
| 1 tsp. cinnamon | |
| 1 tsp. almond extract | |

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



Fudge Drop Cookies

MAKES 3 DOZEN COOKIES

Fudge lovers take note, these bite-sized indulgences are easy to make and quick to disappear

From Tim Dahl, chef at Pizza Brutta in Madison, Wisconsin

8 oz. firm silken tofu
½ cup soybean oil
1½ cups sugar
1 Tbsp. vanilla
½ cup cocoa powder
1 Tbsp. vanilla soymilk
3 cups flour
1 tsp. salt
1 tsp. baking soda
⅔ cup raw sugar, for rolling cookies in

- 1 Preheat oven to 350°F.
- 2 In a blender, add tofu and oil; blend until smooth. Pour into medium mixing bowl. Add sugar, vanilla, cocoa powder, and soymilk. Mix together.
- 3 In a separate bowl, combine flour, salt and baking soda.
- 4 Add dry ingredients to wet ingredients. Mix well. The dough should be fairly stiff. Roll into 1½-inch balls. Roll in sugar until coated. Place on cookie sheet 1½ inches apart. Bake for 12 to 13 minutes. Cool on a wire rack.



D.I.Y Soy Irish Crème Liqueur

MAKES 4 SERVINGS

Maybe you've never considered making your own liqueur, but that's probably because you didn't know how quickly you can do it. Think of this as drinkable dessert, or something to sip in front of the fireplace on a cold night.

From Linda Funk, Executive Director of The Soyfoods Council

- 1 (14 oz.) can sweetened condensed milk
- 1 cup dairy half and half milk
- 1 cup soymilk (plain or vanilla, depending on the sweetness level you want)
- 1 Tbsp. Hershey's syrup
- 1 tsp. vanilla extract
- $\frac{3}{4}$ cup Irish Whiskey
- $\frac{1}{3}$ cup rum

- 1 In a blender, add all ingredients except whiskey and rum; blend well. Add whiskey and rum, blend.
- 2 Store in a covered container in the refrigerator until cold. Stir before serving.



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From our kitchen to yours...
these easy soy recipes are destined to become new favorites.

