

The Little Soy Book

Introduction

Welcome to a soy adventure!

Like many Americans, you may be unfamiliar with soy foods, but by now have heard of their many health benefits.

Soy foods may:

- Fight heart disease by lowering levels of LDL, or “bad” cholesterol
- Strengthen bones, thereby preventing fractures guard against cancer
- Displace other, less healthful, protein foods in your diet. Soy foods are low in saturated fat and are cholesterol free.

Maybe you want to eat more soy, but you just don’t know what to do with it! The collection of recipes that follows will introduce you to soy milk, soy flour, tofu and soy burger. The recipes are all “main-stream”—meaning, they should be acceptable even to people who haven’t yet “accepted” soy. They are also quick and easy. Make soy a staple in your diet. Start today by stocking up on soy milk, soy flour, tofu, and a bottle of Beano®!

Soy foods

Soy foods are products made from soybeans. Soybeans are versatile and they come in many different forms, such as:

- Soy milk—a fluid made by soaking, grinding and straining soybeans. It can be substituted for cow’s milk in any recipe or used as a beverage. Plain soy milk is a good source of protein and B-vitamins; when fortified, it also can be a good source of calcium, B12 and other nutrients.
- Tofu—a soft, cheese-like food is made from curds of soy milk. It is bland and picks up flavors of other foods, making it very versatile. Tofu can be found refrigerated in the produce section of your supermarket or in “juice box” packaging on the shelf of the natural foods area. It is available in extra firm, firm, soft or silken consistencies.
- Soy flour—a rich flour made from ground, roasted soybeans. It does not contain gluten, so cannot replace more than 35-50% of the wheat flour in a recipe.
- Tempeh—a cake of fermented soybeans with a nutty or smoky flavor.
- Textured soy protein, or TSP—a textured soy flour that is sold in granular or chunk style. TSP has a chewy texture and can be used as a meat extender or meat replacement. It can be found in the freezer section of the grocery as soy burgers and soy burger for recipes.

Soy foods contain no cholesterol and almost no saturated fat. They are low in calories compared to the amount of protein they provide, and the protein in soybeans provides all the amino acids our bodies need. Soy foods are also rich in iron, phosphorus, potassium, B-vitamins and vitamin E.

Soybeans contain a group of phytochemicals called isoflavones. These unique compounds have many positive health benefits. For instance, the isoflavone called genistein may lower blood cholesterol levels. Daidzein and genistein may prevent bone loss thereby decreasing risk of osteoporosis. Other isoflavones in soy protein act as anticarcinogens to inhibit the growth of cancer cells.

Breakfast Shake

½ c. silken tofu (about 4 oz)

¾ c. sweetened frozen strawberries

1 banana

2 ice cubes

Combine all ingredients in a blender and puree until smooth. Serve immediately.

Yield: 1 12 oz. serving

Calories: 355

Protein, g: 10

Sodium, mg: 45

Fat, g: 4

Saturated Fat, g: .7

Cholesterol, mg: 0

The Little Soy Book Nutrition Tip

Breakfast is such an important meal. Yeah, yeah...how many times have you heard that?

Yet studies show breakfast-eaters “jump-start” their metabolism to burn more calories over the course of the day compared to “skippers”. Breakfast eaters also tend to eat less sugar and fat and are less likely to overeat at night.

Why? Because they are providing fuel early in the day when their bodies need and want it most. They are able to prevent cravings and that after-work “demon” hunger. Not a morning person? You simply have to retrain your body by gradually eating more in the morning. Work up to a meal that includes some carbohydrate.

Tofu Scramble

12 oz. firm or extra firm, lite tofu

1 tsp. Olive oil (or use pan spray)

2 green onions, sliced

1 large garlic clove, pressed or minced

2 T. green bell peppers, chopped

2 T. red bell peppers, chopped

4 medium fresh mushrooms, sliced

dash cayenne pepper

1 t. soy sauce

Crumble tofu in microwave-safe bowl and microwave 1 minute. Drain in fine mesh colander. Meanwhile, heat frying pan and coat with oil or pan spray; sauté vegetables until crisp-tender. Add red pepper and tofu and combine. Sprinkle with soy sauce and mix well. Serve warm with toast or rolled in a tortilla.

Yield: 4 servings

Calories: 70

Protein, g: 6

Sodium, mg: 135

Fat, g: 3.5

Saturated fat, g: .5

Cholesterol, mg: 0

Soy Pancakes

1 egg

1 ¼ c. buttermilk (or substitute fresh milk or soy milk with 1 T. lemon juice or vinegar)

½ t. baking soda

1 c. whole wheat pastry flour

1/3 c. soy flour

1 t. sugar or honey

1 T. oil

1 t. baking powder

½ t. salt

1 t. vanilla

Heat griddle slowly while mixing batter. Beat egg. Add milk and soda and beat again. Stir in remaining ingredients until well combined, but do not over mix. Test griddle by sprinkling with a few drops of water; if bubbles “skitter around” the heat is right. Coat griddle with pan spray. Pour batter in small pools on the griddle. Turn when they are browned, puffed and full of bubbles. Brown the other side. Serve warm with syrup or fruit.

Yield: 16 4” pancakes (4 servings)

Calories: 215

Protein, g: 11

Sodium, mg: 645

Fat, g: 7

Saturated fat, g: 1.4

Cholesterol, mg: 56

Three-grain muffins

1/3 c. stone ground corn meal

1/3 c. soy flour

1 c. whole wheat pastry flour

¾ t. baking soda

1 c. plain yogurt

¼ c. honey or 1/3 c. sugar

1 large egg, lightly beaten

1/3 c canola oil

½ t. salt

Preheat oven to 350 degrees. In a medium bowl, combine dry ingredients. In a separate bowl, mix wet ingredients, then pour into dry mix. Stir until just combined. Fill muffin cups 2/3 full and bake 25 minutes or until golden brown.

Yield: 12 muffins (1 muffin per serving)

Calories: 151 Protein, g: 3 Sodium, mg: 190
Fat, g: 7 Saturated fat, g: .7 Cholesterol, mg: 18

Tomato Bisque Soup

2 t. olive oil
1 med. onion, diced
1 clove garlic, minced
30 oz. can stewed tomatoes
1 t. dill
salt to taste
½ t. white pepper
1 c. soy milk
3 t. sugar or honey
10 oz. lite firm silken tofu

Sauté onions on medium heat; add garlic and stir to avoid burning. Add remaining ingredients, except tofu. Heat through and remove from burner to cool 10 minutes. Transfer to food processor or blender, add tofu and puree until smooth. Serve hot or chilled.

Yield: 4 entrée-sized servings

Calories: 156 Protein, g: 9 Sodium, mg: 840
Fat, g: 5.6 Saturated fat, g: .8 Cholesterol, mg: 0

Hold the Eggs Salad

12 oz. extra firm lite silken tofu
1/3 c. fat-free or lite mayonnaise or lite Miracle Whip
1 T. yellow mustard (for flavor and color)
T. diced vegetables (a mix of bell pepper, celery, and onion)
Dash black pepper, if desired

Crumble tofu in a bowl. Stir in remaining ingredients. Serve on pita or bread with lettuce leaves for a tasty and quick main dish. Refrigerate leftovers

Yield: Filling for 4 sandwiches.

Calories: 70 Protein, g: 6 Sodium, mg: 325
Fat, g: 2.5 Saturated fat, g: .4 Cholesterol, mg: 0

Asian Noodles

8 oz. firm tofu
¼ c. low sodium soy sauce
2 T. rice wine vinegar
1 t. sugar
1 T. dark sesame oil (for flavoring)
½ T. canola oil (for stir frying)
3 c. cole slaw mix
1 garlic clove

¾ pound angel hair pasta
2 T. chopped fresh cilantro
cooking spray

Cut tofu into ¼ inch thick strips and place in bowl. Make marinade by combining soy sauce, vinegar, sugar and sesame oil. Pour over tofu and place in refrigerator at least 4 hours. Spray cookie sheet with pan spray and spread tofu strips in single layer. Bake 20 minutes at 350 degrees or until desired firmness. Reserve marinade. Start boiling water for pasta. Just after adding angel hair, heat large skillet over medium heat. Add oil and stir-fry slaw mix and garlic 2 minutes. Reduce heat to low and stir in remaining marinade.

Cook pasta 3 to 4 minutes or until done. Drain.

Gently toss hot pasta, cooked slaw mix and baked tofu in a large bowl. Garnish with chopped cilantro (avoid adding during cooking, as this diminishes flavor).

Note: If you cannot find cole slaw mix, substitute 2 ½ cups shredded cabbage and 1 cup shredded carrot.

The sesame oil that gives this dish its distinctive taste is dark brown in color and available at most grocery stores in the Asian food section; it is very strong, so measure carefully. Rice-wine vinegar is also found in the Asian foods area.

Yield: 4 servings (main course)

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| Calories: 460 | Protein, g: 18 | Sodium, mg: 615 |
| Fat, g: 9 | Saturated fat, g: 1.2 | Cholesterol, mg: 0 |

Peanut Butter Spread

12 oz. lite tofu
½ c. peanut butter
1 large banana
2 T. lemon juice
2 T. honey

Combine all ingredients in a blender or food processor and puree until smooth. Serve on whole grain bread for a spread which is lower in fat than plain peanut butter. Try topping with nuts, raisins or sliced bananas for variety.

Yield: Spread for 6 sandwiches

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| Calories: 190 | Protein, g: 9.5 | Sodium, mg: 940 |
| Fat, g: 11 | Saturated fat, g: 2.2 | Cholesterol, mg: 0 |

Vegetarian Spaghetti

12 oz. firm or extra firm, lite tofu or soy burger for recipes (such as Green Giant Crumbles®)
6 c. prepared spaghetti (white, whole wheat, spinach or a combination)
3 c. prepared spaghetti sauce

Prepare pasta and heat sauce. Carefully grate tofu on the coarse side of a hand grater. Place 1 ½ cups hot pasta on each plate, layer with ¼ of the grated tofu, ¾ cup sauce, and 1 tablespoon cheese. If using “crumbles” heat in sauce before serving.

Yield: 4 servings (2 ½ c. each)

Calories: 563 Protein, g: 21 Sodium, mg: 1090
Fat, g: 11 Saturated fat, g: 3.6 Cholesterol, mg: 11

Vegetable Stroganoff

2 beef or vegetable bouillon cubes (or equivalent to make 2 c. broth per package directions)

½ c. boiling water

6 oz firm lite silken tofu

1 t. olive oil or pan spray

2 c. fresh mushrooms, sliced

1 med onion, halved and sliced crosswise

2 t soy sauce

2 T. dry sherry

½ t. black pepper

16 oz fat free sour cream (a good brand is Naturally Yours®)

3 c. fresh vegetables, chopped in bite-sized pieces (a mixture of cauliflower, broccoli, carrots, peppers)

16 oz egg noodles

Boil water for noodles. Dissolve bouillon in ½ cup water then place in blender or food processor; add tofu and puree.

Heat pan on medium-high heat, then add oil.

Sauté mushrooms and onions then season with soy sauce, sherry and pepper. Stir in tofu mix and heat. Stir in sour cream and reduce heat to low; do not boil or sour cream may separate. Steam vegetables. Cook noodles. Server veggies over noodles, then top with sauce.

Yield: 6 servings

Calories: 440 Protein, g: 19 Sodium, mg: 595
Fat, g: 4.5 Saturated fat, g: .9 Cholesterol, mg: 70

The Little Soy book nutrition tip

Soy foods easily fit into the Food Guide Pyramid

- Calcium-enriched soy milk is high in protein and calcium. One cup is equal to one milk serving.
- Soy foods are also part of the protein-rich Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group. One-half cup of cooked soybeans is equal to one ounce of meat. A three-ounce soy burger is equal to one meat serving.

Chikin Chunks

Note: This recipe must be started at least several days ahead.

12 oz. extra firm, lite, silken tofu

1 c. corn bread stuffing mix (such as Brownberry®)
2 T. grated Parmesan cheese
¼ c. plain low-fat yogurt
2 egg whites, beaten

Slice tofu into ½ inch slices, then quarter each slice to make chunks. Wrap in plastic and freeze for at least 3 days (freezing tofu give it a chicken –like texture). Remove from freezer 24 hours ahead of time and thaw in the refrigerator.

Crush stuffing mix by rolling with a rolling pin or by processing in a food processor or blender. Combine fine crumbs and cheese in a shallow dish.

Preheat oven n to 450 degrees. Whisk together egg whites, yogurt and pepper in a small bowl. Dip each chunk in egg mixture, then in crumb mixture. Place each chunk on a baking sheet coated with pan spray. Bake 8-10 minutes or until golden brown. Serve immediately with your favorite dipping sauce (ketchup, BBQ, sweet-sour, etc.)

Yield: 4 servings (3 ½ oz. each)

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| Calories: 120 | Protein, g: 11 | Sodium, mg: 325 |
| Fat, g: 2.5 | Saturated fat, g: .7 | Cholesterol, mg: 2 |

Pesto Alfredo

8 oz. tube pasta
5 oz. silken tofu
¼ c. pesto
salt to taste
3 c. bite-sized, raw vegetables (such as, broccoli, carrots, red bell pepper and mushrooms)

Start water boiling for pasta and cook according to package instructions. Meanwhile, place tofu and pesto in food processor or blender and puree; salt per taste (depending on salt content of pesto). Stir-fry vegetables, starting with those requiring more cooking (such as carrots) and ending with those needing less (such as mushrooms); heat until tender-crisp. Toss together hot cooked pasta, sauce and veggies in large bowl and serve.

Yield: 4 servings (main course)

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| Calories: 295 | Protein, g: 12.5 | Sodium, mg: 98 |
| Fat, g: 5 | Saturated Fat, g: 1.0 | Cholesterol, mg: 4 |

Lemon Pie

1 c. firm silken tofu
1 t. grated lemon rind
1/3 c fresh lemon juice
1 ½ c. water
1 c. sugar
1/3 c. cornstarch
2 large egg yolks, lightly beaten
1 9” pie crust, baked for 10 minutes
3 large egg whites

¼ t. cream of tartar
1/8 t. salt
1/3 c. sugar

Preheat oven to 375 degrees. Process tofu, rind, and juice in a blender until smooth. Combine water, 1 cup and cook another minute until thick; stir constantly with a wire whisk. Remove from heat and stir in tofu mixture. Spread evenly into crust.

Beat egg whites, cream of tartar and salt on high speed of a mixture until foamy. Gradually add 1/3 cup sugar, beating until stiff peaks form. Spread over filling. Bake for 25 minutes; cool on rack 1 hour.

Yield: 8 servings

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| Calories: 270 | Protein, g: 5 | Sodium, mg: 210 |
| Fat, g: 9 | Saturated fat, g: 3.5 | Cholesterol, mg: 58 |

Banana Snack Cake

Cooking spray
2 c. cake flour or sifted whole wheat pastry flour
3 T. unsweetened cocoa powder
1 t. baking soda
¼ t. salt
1/3 c. extra firm silken tofu
1/3 c. water
2 t. lemon juice
¾ c. ripe bananas, mashed
2/3 c. sugar
¼ c. honey
3 T canola oil
1 t. vinegar
2 t. vanilla extract
1/3 c. mini or regular chocolate chips

Preheat oven to 350 degrees. Coat 8" x 12" baking pan with cooking spray and dust with flour. Sift flour, cocoa, soda and salt into medium sized bowl. Puree tofu, water and lemon juice in a food processor or blender, then add bananas, sugar, honey, oil, vinegar and vanilla; puree. Add wet ingredients to dry and mix just until dry ingredients are moist.

Pour batter into pan and smooth with spatula. Sprinkle with chocolate chips. Bake 25 minutes, or until a tooth pick inserted in the center comes out clean.

Yield: 10 servings

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| Calories: 260 | Protein, g: 3 | Sodium, mg: 200 |
| Fat, g: 7 | Saturated fat, g: 1.3 | Cholesterol, mg: 1 |

Soy Cookbooks

The Art of Tofu by Akasha Richmond

Cooking with Tofu by Robert McBride

Soy of Cooking by Marie Osier

Soyfoods Cookery by Louise Hagler

Super Soy: The Miracle Bean by Ruth Winter

The Tempeh Cookbook by Dorothy Bates

The Tofu Cookbook by Leah Leneman

Tofu Quick and Easy by Louise Hagler

With a Little Help From the Soybean by Julia Elliot

If you have further questions please contact UW Health at one of the following locations:

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