

ON THE MENU

RECIPES TO EASE YOU INTO THE SOY WORLD

All recipes taken from **Soyfoods: A Healthy Profile**

Crunchy Soy Mix

1 cup TSP (Textured Soy Protein)

2 tablespoons honey

¼ cup Craisins

¼ cup Raisins

½ Soynuts

Mix the TSP and honey, then spread evenly on a nonstick cookie sheet.

Cook in a 300° oven for about 6 minutes, stirring often. Watch carefully near the end.

Bake 1 minute more if the nuggets are sticky when cool. Mix the nuggets with the remaining ingredients and store in an airtight container. Great as a snack, as a trail mix, over ice-cream, yogurt, pudding cooked cereal, salads, etc.

Yield: 8 servings

1 serving: ¼ cup

Per serving: 222 calories, 24 grams CHO, 16 grams PRO, 7 grams FAT (1 gram saturated fat), 8 grams fiber.

FROSTY STRAWBERRY SHAKE

1 ½ orange juice, chilled

1 pkg. (10.5 oz.) silken tofu, chilled

1 banana

8 oz. Individually frozen strawberries (do not thaw)

Put orange juice, silken tofu and banana into blender container and whirl until smooth. Add frozen strawberries and blend well, stopping to scrape down sides as needed.

Yield: 4 servings

1 serving: 8 ounces

Per serving: 132 calories, 24 grams CHO, 7 grams PRO, 3 grams FAT (.1 gram saturated fat), 1.5 gram fiber.

SMOKEY BITS

These crispy, smokey-flavored bits are great sprinkled on a salad or over a baked potato.

½ cup Textured Soy Protein (TSP)

1 or 2 tablespoons Liquid Smoke

Preheat oven to 350°. Put TSP in a small dish. Sprinkle 1 tablespoon of the Liquid Smoke over it and stir quickly to coat the TSP well. If desired, add another 1 tablespoon of Liquid Smoke and toss well again. Spread the TSP in a single layer on a baking sheet. Bake at 350° for about 5 minutes, until dry and crispy. Be careful not to burn. Let cool and store in a covered container.

Yield: 4 servings

1 Serving: 2 tablespoons

Per serving: 38 calories, 5 grams CHO, 7 grams PRO, 0 grams FAT, 2.5 grams fiber.

The Hype About Soy

by Marni Krebsbach

So, what's the buzz about soy? Recently, there has been much exposure in the media about the benefits of soy. But why? Soybeans are an excellent source of high-quality protein, as complete as the protein found in meat. Soybeans are rich in calcium, iron, zinc, several of the B vitamins, and fiber.

In addition to these nutrients, soybeans contain phytochemicals. Phytochemicals help reduce your risks of cancer and heart disease.

How much soy must you eat in a day to help decrease risks of heart disease, cholesterol, cancer, and osteoporosis? The experts agree that shooting for 17-23 grams of soy per day can help with cutting risks of these diseases. I suggest starting slow, and working your way up! Start with 1 serving of soy per day. Try soymilk in cereal or a veggie burger for supper. Be creative!

Many soyfoods can now be found in grocery stores. Some soyfoods, such as Textured Soy Protein (TSP) and soynuts are tougher to find in grocery stores and may still need to be purchased in health food stores.

For more information about soy, contact a Registered Dietitian (R.D.), your state's Soybean Council or check out this soy website (www.talksoy.com).
