



MICHIGAN SOYBEAN PROMOTION COMMITTEE

a new release



FOR IMMEDIATE RELEASE

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Soy: Easy to fit into your tailgate menu

It's football season here in Michigan where tailgating is a popular activity for many people, often turning into a full day's occupation, which can also mean lots of eating opportunities.

"Tailgating likely conjures up some images of particular foods, which may or may not fit within the picture of health," says Gretchen Hofing, Michigan State University (MSU) Extension registered dietitian, Lenawee County. "Many common tailgate foods tend to be high in fat, sugar, and calories. If tailgating is a regular activity for you, taking another look at the health impacts of the foods you're eating every Saturday might be something to consider," she adds.

Research indicates that protein is more satisfying than fat and carbohydrates. Unlike most other plant proteins, soy protein is equal in quality to animal protein and is easily digested. One serving of protein-rich soyfoods typically contains seven to 15 grams of protein. Soy protein is also naturally cholesterol free and lower in saturated fat than traditional animal protein sources.

Soyfoods are widely available and highly versatile, making their way into main dishes, sides, salads, drinks, and desserts. For grilling at a tailgate gathering, think about marinated tofu, soy hot dogs, or soy burgers. Dips with pureed silken tofu and herbs, finely chopped vegetables, or other spices are easy to make and taste great with whole-grain crackers or vegetables or even as a sandwich spread. Put some single-serve containers of soymilk in the cooler for a cold, refreshing drink or a mix-in for hot coffee later in the football season. Soynuts or edamame in the pod are fun finger foods or snacks any time of the day or as an appetizer while the grill heats up. Yellow, black, or green soybeans make great additions to salads, with the beans, pasta, or lettuce as the base.

Try the following recipe, "Lemon Poppy Seed Muffins," to start your day off right at your next tailgate. They're easy to put together and can be made a day or two in advance or even weeks ahead of time and frozen – ready to go when you are.

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee represents soybean farmers in the state and funds soybean research and educational efforts. For more information on the Michigan Soybean Promotion Committee, visit www.michigansoybean.org. For information on MSU Extension programs, visit www.msue.msu.edu.

Check out this recipe for a preview of how easy and mouth-wateringly delicious soyfoods can be by putting a little soy in your life!

LEMON POPPY SEED MUFFINS

Servings: 12

1 3/4 cup all purpose flour
1/2 cup soy flour
1 teaspoon baking powder
1 teaspoon baking soda
1/8 teaspoon salt
1 package (12 ounces) soft silken tofu
3/4 cup sugar
1/4 cup vegetable (soy) oil
1 egg
2 egg whites
1 tablespoon lemon juice
3 tablespoons vanilla soymilk
3 tablespoons poppy seeds
1 tablespoon lemon zest
Vegetable cooking spray

Preheat oven to 375°F. In a large mixing bowl, mix together flours, baking powder, baking soda, and salt. In a smaller bowl, whisk together tofu and sugar until crumbled. Add soy oil, egg, egg whites, lemon juice, soymilk, poppy seeds, and lemon zest, and mix with a fork or spoon until well blended. Add this liquid mixture to dry ingredients and mix only until all ingredients are moistened and combined. Spray muffin cups with vegetable cooking spray, and place batter in cups; fill each about 2/3 full. Bake 15 to 25 minutes or until done.

Serving size: 1 muffin. Nutrition information per serving: 210 calories, 8 g fat (1 g saturated fat), 6 g protein (2.6 g soy protein), 30 g carbohydrate, 190 mg sodium, 20 mg cholesterol, 1 g dietary fiber.

(Recipe from “Put A Little Soy In Your Life!”)

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