



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



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Nutrition from the Ground Up with Soyfoods

Spring is a time of renewal, the perfect time to clean house, spruce up the yard -- and spruce up your diet. You don't need to do an entire diet overhaul, just take a closer look at the basics.

"Building a strong foundation of healthy eating habits includes making sure you're getting an adequate intake of all of the food groups, especially those people don't tend to eat enough of like fruits and vegetables. Understanding moderation, variety and balance are also basic keys to a diet that supports good health and is enjoyable to eat," says Gretchen Hofing, Lenawee County-based dietitian and soyfoods health educator with Michigan State University (MSU) Extension.

"Working regularly with soyfoods, I see many ways that they can contribute to nutrition from the ground up, including literally," adds Hofing.

In consideration of a base that includes plenty of fruits and vegetables, soyfoods fit into the vegetable group, especially the sweet green edamame. The grain, milk, meat and beans group also contain soyfoods, including soy beverages, whole soybeans – either as fresh or frozen edamame – and many other tasty soy products.

Variety is easily achieved with numerous options for soyfood products and including any number of these in your food repertoire would add interest and variety to your diet. When eaten in the context of a main protein source, soyfoods are often lower in fat and calories than their traditional counterparts, contributing to a healthy balance of calories.

To experience the literal interpretation of nutrition from the ground up, try growing your own soybeans, like edamame, at home. You'll get some exercise while working in the garden and walk away with local, fresh, great-tasting vegetables too.

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee (MSPC) represents the soybean producers in the state and funds soybean research and educational efforts. For more information on the MSPC, visit www.michigansoybean.org. For information on MSU Extension's nutrition programs, visit www.msue.msu.edu/fcs and click on "Nutrition."

Here is a great tasting meal made with soy. Look for more soyfoods recipes at www.soyconnection.com.

BEEF, TOFU, GREEN SOYBEAN STIR FRY

Servings: 6

1 tablespoon vegetable oil
1 large red bell pepper, cut into thin strips (about 1 ½ cups)
1 large bunch broccoli, cut into flowerets (about 4 cups)
One 10-ounce box frozen green soybeans
1 tablespoon vegetable oil
½ teaspoon minced ginger
1 tablespoon cornstarch
1 to 2 tablespoons soy sauce
2 tablespoons water
1 teaspoon vegetable oil
1 ¼ pound sirloin steak, fat trimmed, and cut into strips
½ package (of a 16-ounce package) firm, water-packed tofu, drained, cut into chunks or strips

In large skillet or wok over medium-high heat, heat first tablespoon of vegetable oil. Add red pepper strips and broccoli flowerets. Cook, stirring constantly, until crisp tender. Stir in green soybeans and cook one minute, or until green soybeans are no longer frozen. With a slotted spoon, remove vegetables and place in a bowl and cover. Set aside.

In same skillet or wok, heat second tablespoon of vegetable oil. While oil is heating, in a measuring cup or small bowl, make a paste of the ginger, cornstarch, soy sauce, water, and one teaspoon vegetable oil. Set aside.

Add strips of beef sirloin to hot oil. Stir and cook until almost done. Add soy sauce paste mixture and stir well. Add vegetables back to wok or skillet and toss well. Add strips of tofu and toss lightly, until tofu is heated throughout. Serve over hot steamed rice or Asian noodles.

Nutrition information per serving: 336 calories; 14 g fat (3 g saturated); 62 mg cholesterol; 255 mg sodium; 12 g carbohydrate; 39 g protein (9 g soy protein); 7 g dietary fiber.
(Recipe from soyfoods.com/recipes)