



MICHIGAN SOYBEAN  
PROMOTION COMMITTEE

**a new release**



**FOR IMMEDIATE RELEASE**

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## **Soyfoods Offer Needed Protein to Bariatric Surgery Patients**

By: Michele Bernreuter, Soyfoods Nutrition Educator

Bariatric surgery requires a whole new way of eating for a lifetime. The most important nutrient for the bariatric patient is protein. Protein foods need to come first, so you don't become too full to eat them at the end of the meal. Meats such as beef, pork, and lamb are often difficult to digest. Soy is an excellent alternative, high in protein, low in fat, and easily digested.

There are many ways to use soy. It can be purchased in the "crumble" form in the freezer case. This looks like loose fried hamburger and can replace it in any recipe, such as chili or casserole. Tofu can be purchased in the refrigerated produce section either silken or firm. The extra firm can be sliced and seasoned like meat. The silken is more of a yogurt consistency and can be added to many dishes to increase the protein content.

Speak to a registered dietitian about your specific dietary needs and how soyfoods might work in your diet. 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](http://www.michigansoybean.org).

### **Breakfast Scramble**

2 teaspoons onion powder

1 teaspoon garlic powder

½ teaspoon turmeric

¼ teaspoon pepper

¼ teaspoon salt

1 teaspoon parsley flakes, lightly crumbled between fingers

1 pound regular tofu

Combine the onion powder, garlic powder, turmeric, pepper, salt, and parsley flakes in a small dish. Crumble the tofu into a non-stick skillet or a regular skillet coated with cooking spray. Sprinkle the combined seasonings over it and cook, stirring, over medium heat until heated through.

Source: *Put A Little Soy In Your Life*

Note: Quadruple the seasonings and store in a jar. When you want a quick scramble, just add about 5 teaspoons to the tofu in your pan. (For a single serving with 4 ounce of tofu, use about 1 ¼ teaspoon).

Yield: 4 servings. Per 1 cup serving: 90 calories, 5 g fat (1 g sat fat), 9 g protein (9 g soy protein), 4 g carbohydrate, 160 mg sodium, 0 mg cholesterol, 1 g dietary fiber.

### **Oven Roasted Tofu**

16 ounces extra firm tofu, drained  
3 tablespoons balsamic vinegar  
2 teaspoons soy oil  
2 tablespoons sugar  
1 clove garlic, minced  
½ teaspoon oregano leaves, dried and crushed  
½ teaspoon salt  
1 sweet red pepper, quartered  
1 medium onion, quartered  
4 medium white button mushrooms, quartered  
Chopped parsley for garnish

Cut tofu in half vertically then horizontally. Drain on several layers of paper towels to remove as much liquid as possible. If desired, score surfaces to allow more marinade to penetrate tofu. Combine vinegar, soy oil, sugar, garlic, oregano, and salt; mix well.

Place tofu and vegetables in a shallow baking pan leaving enough space between the pieces for even roasting; brush with vinegar mixture. Let stand 30 minutes, brush again, and let stand 30 minutes longer.

Bake tofu, pepper, and onion at 500°F for 30 to 35 minutes. Turn once halfway through baking time. Add mushrooms during last half of roasting time. Transfer to platter and sprinkle with parsley. Makes 4 servings.

Quick Tip: Serve soy yogurt, drizzled with soy oil and topped with slivered nuts and pomegranate seeds, as a cooling relish.

Yield: 4 servings. Per 1 cup serving: 138 calories, 4.6 g fat (0.5 g sat fat), 9.5 g protein (8.4 g soy protein), 15.5 g carbohydrate, 367 mg sodium, 0 mg cholesterol, 1.3 g dietary fiber.

Source: *Put A Little Soy In Your Life*