



MICHIGAN SOYBEAN  
PROMOTION COMMITTEE  
**a new release**



**FOR IMMEDIATE RELEASE**  
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### **'Put A Little Soy In Your Life!' – A new soyfood recipe resource**

Prepare your palates for the Michigan Soybean Promotion Committee's (MSPC) offering of "Put A Little Soy In Your Life!" – a cookbook containing a compilation of soy recipes from the past 14 years of soyfoods guides that were printed by the United Soybean Board. Visit [www.michigansoybean.org](http://www.michigansoybean.org) to register to receive a soy recipe cookbook while supplies last. The cookbook is also available at public libraries across Michigan. Healthcare professionals such as doctors and dietitians can request multiple copies from the MSPC for use with their patients.

With more than 200 recipes, the cookbook contains dishes for all occasions: starters, salads, sides, main dishes, breakfast items, breads, muffins, smoothies, soups, stews, chilies, sweets, treats, and more. Whether you're seeking innovative ways to use favorite soyfood ingredients or something new, this offering will have the whole range to choose from. Recipes will include soyfoods such as soy flour, edamame, soymilk, texturized soy protein, soybean oil, soybeans, soynuts, soynut butter, tofu, soy protein, soy sauce, miso, soy ice cream, soy yogurt, and soy cheese.

A comprehensive resource, it includes tips for selecting, storing and cooking a wide variety of soyfood products. A nutrition breakdown of each recipe helps you to make informed choices for your dietary needs. In fact, 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce your risk of developing heart disease.

"A healthy heart is just one of the reasons to regularly consume soyfoods. Research has also shown soyfoods may have a role in the prevention of some cancers, like breast and prostate; relief of menopausal symptoms; diabetes and weight management; and the reduced risk of developing osteoporosis," says Gretchen Hofing, dietitian and soyfoods nutrition educator with Michigan State University (MSU) Extension.

"Soyfoods support positive growth across the lifespan, from infancy through adulthood, and are available in such an extensive range of options that there's sure to be something for everyone," Hofing adds.

If soyfoods are a new adventure for you, think about trying one different soyfood a week for a month. Use online search engines to find multiple recipes using one ingredient, such as soymilk or soy flour, or consider these tips:

- Week 1: Use soymilk in coffee, added to a smoothie, on cereal, or in pancake or muffin batter.
- Week 2: Try silken tofu pureed with seasonings and cheese and use as the base for a pasta sauce (thinned out with soymilk), pureed with dry ranch dressing mix or curry powder as a vegetable dip or baked potato topping, pureed with frozen fruit for a fruit or graham cracker dip or used in a cheesecake.

- Week 3: Buy canned black or tan soybeans or frozen green soybeans (edamame), and use them in place of other beans. Add to salads, soups, or casseroles.
- Week 4: Buy soynuts and eat them on their own as a snack. Crush them and use as a crunchy coating for fish or chicken, or add to salads, ice cream sundaes, or cookies.

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). For information on MSU Extension programs, visit [www.msue.msu.edu](http://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!

### **SOUTHWESTERN PORK TENDERLOIN WITH SOY SUCCOTASH**

#### *Southwestern Pork Tenderloin*

2 tablespoons brown sugar  
1 teaspoon paprika, ground  
1/2 teaspoon cumin, ground  
1/2 teaspoon cayenne pepper, ground  
1/2 teaspoon salt  
1 pound pork tenderloin  
1 tablespoon soybean oil

#### *Soy Succotash*

2 cups edamame, shelled, cooked, and drained  
2 cups cherry tomatoes, cut in half  
1 cup frozen corn, thawed and drained  
1/4 cup red onion, diced  
2 teaspoons garlic, minced  
1 teaspoon cumin, ground  
1/2 teaspoon salt  
1/4 teaspoon cayenne pepper, ground  
2 teaspoons soybean oil

**Southwestern Pork Tenderloin:** Preheat oven to 350 F. Mix brown sugar, paprika, cumin, cayenne pepper, and salt. Sprinkle mixture over pork tenderloin. In a large ovenproof frying pan, heat soy oil over medium-high heat. Add pork; cook for 1 minute on each side until brown. Place frying pan in oven and bake 10 to 15 minutes until pork reaches an internal temperature of 155 F. Remove from oven and cool 5 minutes before slicing into medallions.

**Soy Succotash:** In medium bowl, mix edamame, tomatoes, corn, onion, garlic, cumin, salt, and cayenne pepper. In a medium frying pan, heat soy oil over medium heat. Add edamame mixture and cook, stirring constantly for 1 to 2 minutes or until warm. Makes 4 cups succotash.

Servings: 4 (3 ounces pork and 1 cup succotash per serving)

Nutrition information per serving: 380 calories, 14 g fat (2.5 g sat fat), 75 mg cholesterol, 680 mg sodium, 29 g carbohydrate, 34 g protein (16 g soy protein), 7 g dietary fiber.

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