



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



FOR IMMEDIATE RELEASE

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Soyfoods 101

By: Michele Bernreuter, Soyfoods Nutrition Educator

Since I am just starting as the dietitian for the Michigan Soybean Promotion Committee, I thought I'd start at the beginning with a soyfoods refresher. There are several terms you should know when shopping and cooking with soy.

First is tofu. What is it? It is a cheese-like food made from curdling fresh soymilk, just like dairy cheese is made. There are two different types of tofu, regular and silken.

Regular tofu has a firm texture and can be found as either soft or firm depending on how much liquid has been removed. It is best used for baking, in salads, or when you want a more solid texture. It is water packed and found in the refrigerated section with an expiration date.

Silken tofu has a more yogurt-like texture and is good in soups, sauces, beverages, or when you need a creamy texture. It is vacuum packed and doesn't need refrigeration until opened.

Another soyfood is textured soy protein. It is usually made from defatted soy flour. It has a texture close to meat when cooked. One place to find this is in the freezer section where it is called "soy crumbles" if it is loose packed, like ground beef. You would use it in sloppy joes, lasagna, spaghetti sauce, etc. The possibilities for soy crumbles are endless! Using textured soy protein is a great way to add fiber and lower fat in your diet.

Other ideas to try:

- Substitute soynut butter for peanut butter in no-bake cookies (see recipe below).
- Use silken tofu as a base for a dip.
- Mix half burger and half soy crumbles in your lasagna recipe. You are making your own tried and true recipe, with a twist.

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 through the soybean checkoff. For more information on the Michigan Soybean Promotion Committee, visit www.michigansoybean.org.

No Bake Cookies

2 cups sugar
4 tablespoons cocoa
1 stick butter
1/2 cup soymilk
1 cup soynut butter
1 tablespoon vanilla
3 cups oatmeal
Waxed paper

In a heavy saucepan, bring to a boil the sugar, cocoa, butter, and milk. Let boil for 1 minute then add peanut butter, vanilla, and oatmeal. Drop teaspoonfuls of the mixture onto a sheet of waxed paper. Let set until cooled and hardened.

Yield: 36 cookies. Per 1 cookie serving (1 carb choice + 1 fat choice): 131 calories, 5.5 g fat (2.8 g sat fat), 2.6 g protein (1.9 g soy protein), 18 g carbohydrate, 51 mg sodium, 7 mg cholesterol, 1.4 g dietary fiber

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