



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



FOR IMMEDIATE RELEASE

May 20, 2011

Contact: Gail R. Frahm, Executive Director

gfracm@michigansoybean.org

989.652.3294

[Gretchen L. Hofing](#), M.P.H., R.D.

517.264.5300

Spring salads – soy delicious!

It's May in Michigan, and spring has sprung. With the start of warmer weather, the first of fresh, local produce like tender salad greens make their appearance in stores and farmers markets. Delectable vegetable and fruit selections will soon follow making the fixings for the perfect salad for anyone.

May is National Salad Month. Celebrate with salads of all kinds – main dish, side, potluck, picnic, pasta, beans, vegetable and fruit salads! The possibilities are endless.

“Salads generally have a reputation as a healthy dish,” says Gretchen Hofing, dietitian and soyfoods nutrition educator with Michigan State University (MSU) Extension. “The more variety and color in your salad, chances are it is healthier.”

“Including soyfoods in a salad is a terrific way to keep your meals interesting and new as well as add some of that variety, color, and health that people expect in a salad. Soy in your salad really contributes an extra nutrition boost as it is a source of high quality protein adding to the satisfaction and filling factor of your salad,” Hofing notes.

Additionally, regular consumption of soyfoods can lead to possible health benefits such as a reduction in risk of developing heart disease and some cancers.

Here are several suggestions for mixing up your salads and tossing in great flavor.

- Add a personal and homemade touch by blending up your own salad dressing. A puree of soymilk, silken tofu, and a dry dressing mix or your own combination of fresh and dried herbs comes together quickly.
- Edamame (green soybeans) or canned black or tan soybeans make a great topping to a lettuce salad or as a base for a bean salad.
- For a unique crunch, sprinkle on soynuts or dried edamame.
- Want a hardy salad? Use water packed tofu or a meat alternate, such as burger-like crumbles or chicken-like tenders as a topping. Season these soyfoods with a taco or fajita spice blend for a great southwestern 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.

For information on MSU Extension programs, visit www.msue.msu.edu. For more information on the Michigan Soybean Promotion Committee, visit www.michigansoybean.org. For some creative ideas for celebrating National Salad Month, check out these suggestions from http://www.ehow.com/how_2324349_celebrate-national-salad-month.html.

2 of 2 ~ Spring Salads – Soy Delicious!

Here is a sample of a soy salad recipe. Look for more soyfoods recipes at www.soyconnection.com.

GREEK SALAD WITH TANGY LEMON TOFU DRESSING

Salad

3 cups (2 large) cucumbers, peeled and chopped
2 cups (2 medium) tomatoes, seeded and chopped
1 1/2 cups iceberg lettuce, torn
1 1/2 cups romaine lettuce, torn
1 cup (1 medium) red onion, thinly sliced into rings
1 cup edamame (whole green soybeans), shelled and cooked
1/3 cup (one 3.4-ounce can) black olives, pitted, sliced and drained

Dressing

1 package (12.3 ounces) silken tofu
2 tablespoons soybean oil
1 tablespoon lemon juice
1 teaspoon (1 clove) garlic, minced*
1/2 teaspoon dried oregano leaves
1/2 teaspoon ground black pepper
1/4 teaspoon salt
1/2 cup feta cheese, crumbled

In a large bowl, combine all salad ingredients. In small food processor, puree all dressing ingredients except cheese until smooth, scraping occasionally. If dressing is too thick, use pulse. Pour dressing over salad and mix until blended. Sprinkle with cheese.

*May substitute 3/8 teaspoon garlic powder for the fresh garlic, if desired.

Yield: 6 cups. Nutrition information per cup: 180 calories, 11 g fat (2.5 g saturated fat), 10 g protein (6.3 g soy protein), 12 g carbohydrate, 430 mg sodium, 10 mg cholesterol, 3 g dietary fiber.

Recipe from the United Soybean Board's *2004 Soyfoods Guide*