

# Recipes Using Soy

## Lemon Poppy Seed Bread

### Ingredients

- 2/3 cup water
- 1/2 package firm silken tofu (6 oz.)
- 1 egg
- 1 box (15.6 oz.) lemon poppy seed quick bread mix

1. Preheat the oven to 375°F. Coat a 5" x 9" loaf pan with cooking spray and set aside.
2. Put the water, tofu and egg in a blender. Blend until smooth.
3. Combine the quick bread mix and the blended tofu in a mixing bowl, beating according to package directions. Pour batter into the prepared loaf pan and bake according to package directions.

Source: [www.soybean.org](http://www.soybean.org)

## Ranch Salad Dressing

### Ingredients

- 1/4 cup plain soymilk
- 1 (12 oz.) package silken tofu
- 1 (1 oz.) package ranch salad dressing mix

1. Put the soymilk, silken tofu and dressing mix into a blender container.
2. Whirl until well blended, scraping down sides if necessary.
3. Pour dressing into a jar and store in the refrigerator.

Source: [Iowa State University Extension](http://Iowa State University Extension)

## Strawberry-Blueberry Fruit Dip

### Ingredients

- 1 cup fresh or frozen sliced strawberries
- 1/2 cup fresh or frozen blueberries
- 6 ounces firm silken tofu

Thoroughly blend ingredients in a food processor. Serve with chilled fresh fruits.

Source: [Iowa State University Extension](http://Iowa State University Extension)



# A Guide to Using Soymilk and Tofu

## Soy's Health Benefits

- Source of omega-3 fatty acids
- Has the same amount of protein as cow's milk
- Eating 25 grams a day of soy protein might help lower blood cholesterol levels

## Soymilk 101

- Soymilk is made from whole soybeans that are soaked, ground fine and strained to make a rich creamy milk
- Plain soymilk varies in color from tan to white
- Soymilk varies in calories and fat content
- Good option for people who have lactose intolerance or cow's milk allergies—it's lactose-free and casein-free
- WIC approved soymilk is found in half-gallon containers in the dairy case at the store
- Store your WIC soymilk in the refrigerator
- See the Missouri WIC Approved Foods List for the eligible brands\*



\*Children require medical documentation for issuance of soymilk or tofu in WIC.

## Using Soymilk

Soymilk can be served as a beverage or used in almost any way that cow's milk is used. Use soymilk to make:

- Cream sauces
- Pancake and waffle mixes
- Smoothies
- Cream soups

## Let's Compare

### 1 Cup WIC Approved Soymilk:

Calories	Fat	Protein
80	2.5 grams	8 grams

### 1 Cup 2% Milk:

Calories	Fat	Protein
120	5 grams	8 grams

WIC approved soymilk has the same amount of calcium as cow's milk making it an alternative for people who cannot drink milk.



[www.dhss.mo.gov/wic](http://www.dhss.mo.gov/wic)



## Tofu 101

- Also known as soybean curd, tofu is a soft, cheese-like food.
- Tofu is made by cooking crushed soybeans with water and coagulating the fresh hot soymilk.
- Bland tasting on its own, tofu tastes like whatever you put on it or put it in.
- Tofu is part of the meat and beans group (serving size is ½ cup).
- Using tofu can decrease the fat and cholesterol in recipes when used in place of high fat ingredients like cream or meat.
- Tofu is rich in B vitamins and low in sodium.

## Types of Tofu

- WIC allows only Soft, Firm, or Extra Firm Blocks in approved brands. See the WIC Approved Food List for more information.\*
- There are two main types of tofu available in stores:
  - Water packed or regular tofu is solid and can be sliced, cubed or crumbled. Use it in soups, casseroles or stir-fries, or marinate and grill it.
  - Silken has a softer texture than regular tofu. It works well in blended or pureed dishes.

## Cooking with Tofu

- Squeeze water out of water packed tofu before using.
- Substitute pureed silken soft tofu for part of the mayonnaise, sour cream, cream cheese or ricotta cheese in recipes.
- Use soft tofu in dips or creamy salad dressings.
- Bake slices of extra-firm tofu on a broiler pan at 375° F for 20-25 minutes. Marinate slices in your favorite sauce before cooking to add extra flavor.
- Substitute ¼ cup soft tofu for 1 egg in brownie box mix.
- Use crumbled or cubed tofu in place of meat in soups, sauces or casseroles.

*\*Children require medical documentation for issuance of soymilk or tofu in WIC.*

Material adapted from the United Soybean Board Soyfoods Guide

# Recipes Using Soy

## Rice Pudding

### Ingredients

- 2 ¼ cups uncooked white or brown rice
- 3 ⅓ cups soymilk
- 4 tablespoons sugar
- ⅔ cup raisins
- ½ teaspoon salt
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon powder
- ¼ teaspoon nutmeg powder
- ½ teaspoon salt

1. In a pan, add the soymilk and rice. Bring to a boil and continue to boil over low heat for about 20 minutes or until the rice is very soft, while stirring occasionally.
2. Add the sugar and raisins and cook for another 2 minutes longer, while stirring occasionally. Add vanilla extract and salt.
3. Pour the rice pudding into serving dishes. Sprinkle with nutmeg or cinnamon.
4. Serve the rice pudding immediately (hot) or cool down and serve cold.

Makes 6 servings

## Macaroni & Cheese

### Ingredients

- 2 cups dry macaroni or soy pasta
- 4 tablespoons margarine
- 4 tablespoons flour
- 2 cups plain soymilk
- 2 cups shredded cheddar cheese (soy or dairy cheese)
- 1 teaspoon mustard
- salt, pepper, paprika to taste

1. Preheat oven to 350° F.
2. Cook macaroni according to package directions; drain.
3. Meanwhile, melt margarine in medium sauce pan; add flour, stirring to combine.
4. Slowly add soymilk and cook, stirring until mixture thickens and begins to boil.
5. Remove from heat and stir in shredded cheese, mustard, and salt and pepper to taste.
6. Add cooked macaroni, mixing well.
7. Turn into lightly greased 2-quart baking dish. Sprinkle with paprika and bake for 30-40 minutes until bubbly around the edge and golden brown on top.

## Finding and Storing Tofu

- Regular tofu is usually refrigerated and found in the refrigerator or produce section at the grocery store.
- Silken tofu is often found in shelf-stable packaging.
- Check the label for a "Use By" date before buying or using tofu.
- Once open, unused tofu should be rinsed and covered with fresh water for storage. Change the water daily and use within one week.
- Tofu can be frozen for up to five months. To freeze: drain any water and wrap in plastic, foil or freezer wrap. To use: thaw in the refrigerator overnight; squeeze out excess water. When thawed, the texture will be spongy, chewy and more meat like.

Source: Iowa State University Extension