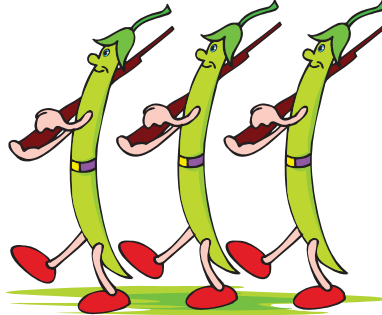


Easy Ways to Add Soy to Your Diet



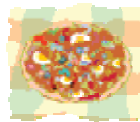
Soy isn't just for vegetarians anymore. There are numerous ways to expand your dietary horizons so that you can enjoy the benefits of soy. The ways to add soy are endless. Several ideas are listed below.

Ways to Enjoy Soy

- ❖ Pour soy milk over a bowl of morning cereal.
- ❖ Substitute soy milk for water when cooking oatmeal or other hot cereals.
- ❖ Use soy creamer in coffee rather than cream or milk.
- ❖ Make French toast using a flavored soy milk.
- ❖ Blend a soy and fruit smoothie for breakfast or a snack on-the-go.

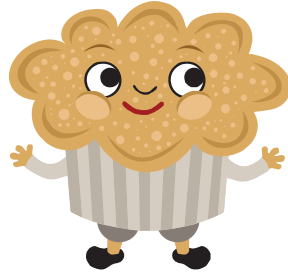


- ❖ Make fresh fruit parfaits using soy yogurt rather than dairy
- ❖ Sprinkle edamame over a salad.



- ❖ Top homemade pizza with soy cheese.
- ❖ Sprinkle soy pasta with marinara sauce and soy cheese.
- ❖ Serve edamame as an appetizer or a vegetable side dish.

- ❖ Eat soy ice cream.
- ❖ Snack on roasted soy nuts.
- ❖ Bake with soy milk instead of dairy milk.
- ❖ Substitute soy flour in any baking recipe that calls for all-
 - purpose flour.



- ❖ Light a soy candle to relax!
- ❖ Fortify a glass of orange juice with soy protein powder.
- ❖ Get creative with those ordinary sandwiches and use soy “cheeses” and lunch “meats.”
- ❖ Flavor your signature barbeque sauce with dark miso for a unique taste.
- ❖ Reinvent Grandma’s cookie recipes by adding soy flour.
- ❖ Puree firm or silken tofu into crab cakes, coleslaw, potato salad or tuna salad instead of using sour cream or mayo.
- ❖ Add soymilk to your café au lait. Try chocolate, vanilla or plain



- ❖ Enjoy smoothies? Blend some soy protein concentrate or uncooked silken tofu in with your favorite fruits to create an extra healthy treat.
- ❖ Instead of cream cheese, try spreading soft tofu atop a fresh bagel for breakfast. Flavor your spread with minced scallions and garlic, salt and pepper to taste.
- ❖ Add your favorite fresh fruit to vanilla soy yogurt to complete this fun breakfast feast and drizzle with honey to sweeten.
- ❖ **Asian**
- ❖ Add an Asian flavor to the table by mixing miso in your favorite salad dressings.

- ❖ Feel like adding a trendy twist to your dinner salad? Throw on some edamame! Just drop them into lightly salted boiling water for a few minutes first (package direction will specify cooking time.)
- ❖ Soy nuts add appealing crunch to stir-fries.



❖ **Italian**

- ❖ Combine soy crumbles with ground beef, pork or turkey in your family's meat loaf and spaghetti sauces.
- ❖ Try steaming some green beans or broccoli and tossing with soybean oil, lemon juice and crushed red pepper for a healthy vegetable side dish.
- ❖ Extra firm tofu is a great topping on pastas, lasagna and casseroles when breaded and fried.

❖ **Mexican**

- ❖ Like to pile high the toppings on those delicious nachos? Sprinkle on some soy crumbles to add a delicious bite of protein. Sprinkle soy "cheese" on top.
- ❖ Try using black soybeans instead of black beans or chili beans in your next dish.

❖ **Mediterranean**

- ❖ Finish off your perfect Mediterranean meal with a dish of soy ice cream.
- ❖ Edamame make an excellent addition to mezze appetizer plates with hummus, eggplant dip and pita bread.
- ❖ Soybean oil works well in the Mediterranean diet, which emphasizes choosing unsaturated fats. It also has a neutral taste so it lets all the Mediterranean flavors shine through.
- ❖ Serve soy yogurt, drizzled with oil and topped with slivered nuts and pomegranate seeds, as a cooling relish.

Websites with soy recipes:

SoyConnection.com

Soybean.org