

A top-down photograph of a wooden surface featuring several rectangular pieces of grilled tofu. The tofu is marked with a dark, crisscrossing grill pattern. In the upper left, a small white bowl contains a reddish-brown sauce, with fresh green cilantro leaves scattered nearby. In the lower right, two lime wedges are visible. The overall composition is rustic and appetizing.

9TH EDITION

The JOY *of* SOY

COOKING WITH HEART HEALTHY SOY

SoyConnection
By U.S. Soy



From our farmers' family favorites to quick meals you can bring on-the-go, discover the joy of cooking with U.S. grown soy.

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SOYBEAN OIL IS

HEART
HEALTHY



1 TBSP SOYBEAN OIL

0g trans fat

8g polyunsaturated fatty acids

3g monounsaturated fatty acids

2g saturated fat

Excellent source of
alpha-linoleic (ALA) omega-3s

Soybean oil is commonly
labeled as vegetable oil on
grocery store shelves.

U.S. GROWN SOYBEAN OIL IS HEART HEALTHY

Health professionals have long regarded soybean oil, commonly labeled as vegetable oil, as a healthy cooking oil. Thanks to the Food and Drug Administration's authorization of a qualified health claim confirming soybean oil's ability to reduce the risk of coronary heart disease, consumers will see heart-healthy labeling on bottles.

REDUCED RISK OF CHD

The health claim that appears on labels of soybean oil and soybean oil-containing products* states: "Supportive but not conclusive scientific evidence suggests that eating about 1½ tablespoons (20.5 grams) daily of soybean oil, which contains unsaturated fat, may reduce the risk of coronary heart disease. To achieve this possible benefit, soybean oil is to replace saturated fat and not increase the total number of calories you eat in a day. One serving of this product contains [x] grams** of soybean oil."¹

"Lowering intake of saturated fat and replacing it with unsaturated fats, especially polyunsaturated fats, like those found in soybean oil, will lower the incidence of cardiovascular disease."

Dietary Fats and Cardiovascular Disease,
A Presidential Advisory from the American
Heart Association, June 2017.

FAVORABLE FATTY ACID PROFILE

Most soybean oil is made with U.S. grown soybeans and has a favorable fatty acid composition, containing 0 grams of trans fat and just 2 grams of saturated fat per 1 tablespoon serving. It is an excellent source of alpha-linoleic acid (ALA) omega-3's; the ALA found in soybean oil is the principal source of omega-3s in the U.S. diet.^{2,3} It is also one of the few non-fish sources of omega-3 polyunsaturated fatty acids.^{4,5} Omega-3s affect cardiovascular health and may reduce blood pressure.⁶

*Qualified products have a minimum of 5 grams of soybean oil per reference amount customarily consumed.¹

**Gram amount varies by product.

1. U.S. Food and Drug Administration. "Soybean Oil and Reduced Risk of Coronary Heart Disease." July 31, 2017. <https://www.fda.gov/media/106649/download>

2. One tablespoon of soybean oil (13.6 g) contains 932 mg ALA omega-3s.

3. PM Kris-Etherton, Denise Shaffer Taylor, et al. "Polyunsaturated fatty acids in the food chain in the United States." *Am J Clin Nutr.* 2000 Jan; 71 (1) 1: 179S-188S.

4. USDA National Nutrient Database for Standard Reference.

5. Blasbalg TL, Hibbeln JR, Ramsden CE, Majchrzak SF, Rawlings RR. "Changes in consumption of omega-3 and omega-6 fatty acids in the United States during the 20th century." *Am J Clin Nutr.* 2011; 93:950-62.

6. "Omega-3 fatty acids." <https://www.genetherapy.merck.com/inflammation/omega-3-fatty-acids-university-of-maryland-medical-center.php>

SOYBEAN OIL COOKING TIPS FROM A UNITED SOYBEAN BOARD DIETITIAN

Fats and oils are essential for cooking. They enhance flavor, transfer heat, add moisture and give food that crispy texture we all love.



"Soybean oil's neutral taste allows the natural flavors of ingredients to shine. Its versatility makes it perfect to use in all of your favorite recipes."

- Joy Blakeslee, RDN

Use U.S. grown soybean oil in a variety of ways to reap its heart health benefits:

SOUPS & SALADS

- Sauté with onions and garlic to enhance the flavor of soups
- Toss with bread cubes and garlic to make homemade croutons

DRESSINGS & DIPS

- Whisk with raspberries and balsamic vinegar for an easy dressing
- Infuse with herbs and garlic to create a bread dipping oil

APPETIZERS

- Fry with thinly sliced root vegetables for crispy homemade chips
- Blend with garlic, lemon and cooked edamame for a twist on traditional hummus

ENTRÉES

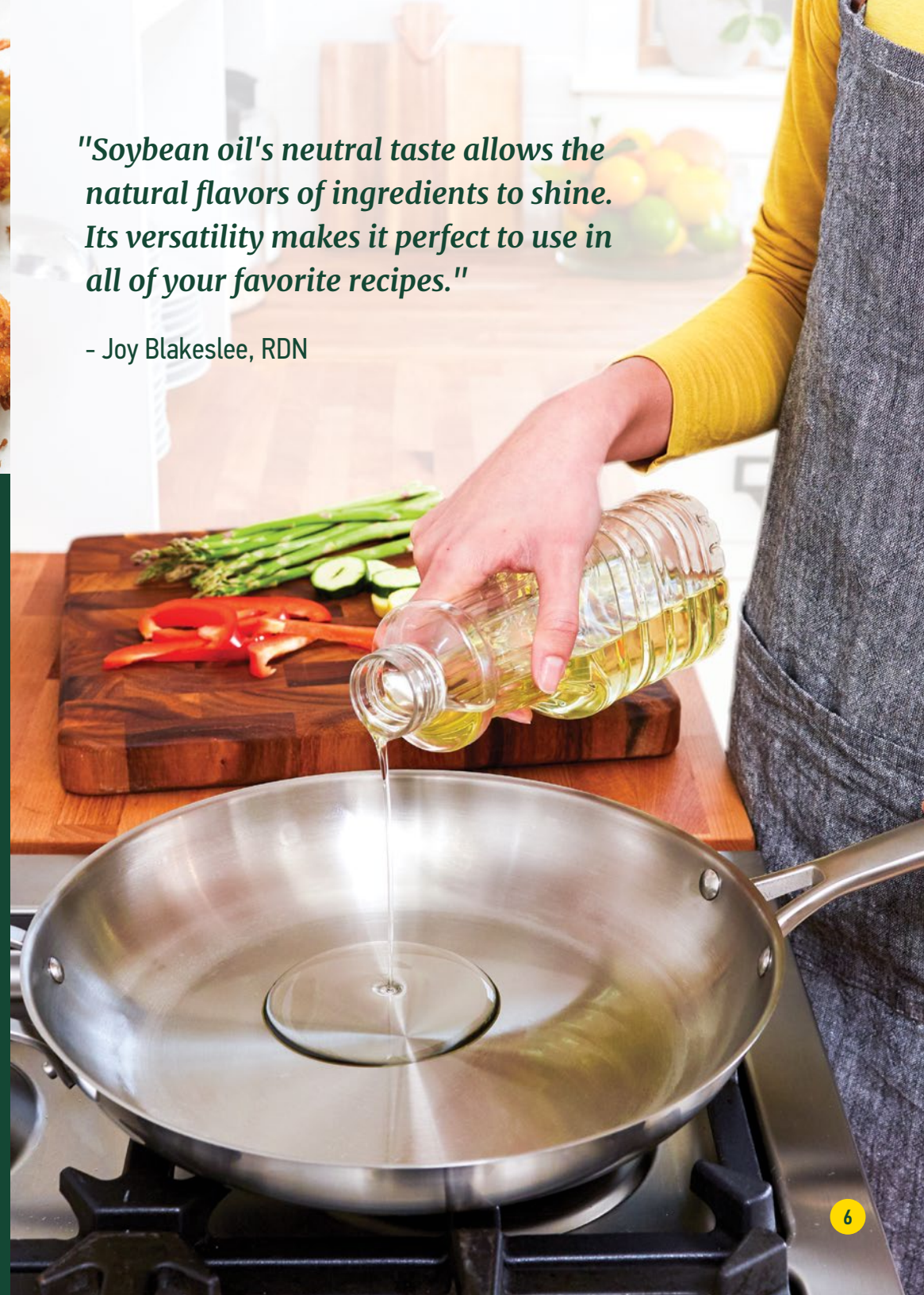
- Whisk with fresh herbs for an easy marinade for meat and tofu
- Brush on skewered vegetables before grilling for enhanced texture and flavor

BAKED GOODS & DESSERTS

- Substitute soybean oil for solid fat in quick bread, cake and muffin recipes (see conversion chart below)

Solid Fat to Soybean Oil Conversion Chart

| SOLID FAT | SOYBEAN OIL |
|-------------------|------------------------|
| 1 cup | $\frac{3}{4}$ cup |
| $\frac{3}{4}$ cup | $\frac{2}{3}$ cup |
| $\frac{1}{2}$ cup | $\frac{1}{3}$ cup |
| $\frac{1}{4}$ cup | 3 tablespoons |
| 1 tablespoon | 2 teaspoons |
| 1 teaspoon | $\frac{3}{4}$ teaspoon |



SOY PROTEIN: HEART HEALTHY & SUSTAINABLE

Soy is a complete plant-based protein that provides all essential amino acids and is similar to animal products in terms of protein quality.

Soyfoods and ingredients are versatile, and can be used in a variety of recipes as substitutions for traditional ingredients. Soy-based ingredients can promote moisture and flavor retention, boost protein content and enhance the texture of many foods. Soy is also the only plant protein that carries the FDA's heart health claim.



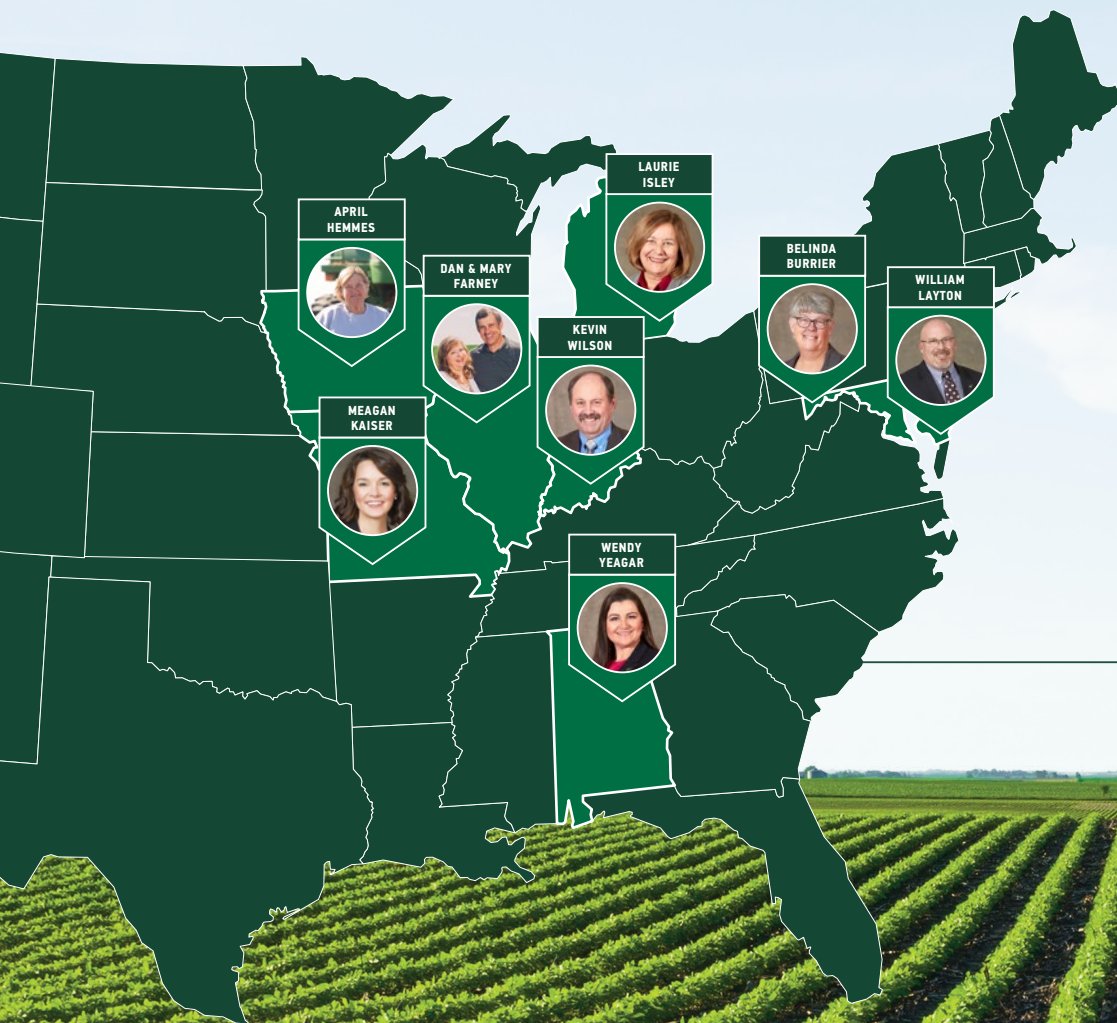
NUTRITIONAL CONTENT OF COMMON SOYFOODS

| SOYFOOD PRODUCTS | SERVING | CALORIES | PROTEIN (g) | FAT (g) | FIBER (g) | CHOLESTEROL (mg) |
|-------------------------|---------|----------|-------------|---------|-----------|------------------|
| Soymilk*, Regular | 1 cup | 100 | 7.0 | 4.0 | 1.0 | 0 |
| Soymilk*, Light | 1 cup | 70 | 6.0 | 2.0 | 1.0 | 0 |
| Vanilla Soymilk* | 1 cup | 100 | 6.0 | 3.5 | 1.0 | 0 |
| Chocolate Soymilk* | 1 cup | 140 | 5.0 | 3.5 | 2.0 | 0 |
| Soy Yogurt, Plain | 1 cup | 150 | 6.0 | 4.0 | 1.0 | 0 |
| Soy Cheese*, Cheddar | 1 slice | 40 | 4.0 | 3.0 | 0 | 0 |
| Soy Cheese*, Mozzarella | 1 slice | 20 | 2.0 | 0 | 0 | 0 |
| Soy Burger | 1 patty | 124 | 11.0 | 4.4 | 3.4 | 0 |
| Soy Sausage Patty | 1 patty | 78 | 8.4 | 3.1 | 1.6 | 0 |
| Tofu, Firm | 1/2 cup | 88 | 10.3 | 5.3 | 1.1 | 0 |
| Tofu, Silken | 1 slice | 46 | 4.0 | 2.3 | 0.1 | 0 |
| Edamame, Shelled | 1/2 cup | 95 | 8.4 | 4.0 | 4.0 | 0 |
| Soynuts, Roasted | 1/4 cup | 194 | 17.0 | 9.3 | 3.5 | 0 |
| Soynut Butter* | 2 tsp | 170 | 8.0 | 11.6 | 9.8 | 0 |
| Soy Fortified Cereal* | 1 cup | 140 | 13.0 | 1.0 | 10.0 | 0 |
| Soy Fortified Bar* | 1 bar | 180 | 10.0 | 4.5 | 3.0 | 0 |

*Information from nutrition facts label on package.

Source unless specified: Nutrient Database Laboratory, USDA Food Composition Data, USDA.
Website: <https://fdc.nal.usda.gov/>

THE FARMER COLLECTION



Almost half of the land in the United States is devoted to farming. Soybeans are the largest crop grown on U.S. soil, making soybean farmers' dedication to the land crucial. As stewards of the land, U.S. soybean farmers employ sustainable practices such as crop rotation, reduced tillage, and water and nutrient management to ensure that the land is healthy for future generations.

Ninety-eight percent of U.S. farms are family owned. Soy Connection's Farmer Collection is a recipe series developed by United Soybean Board (USB) farmers and their families. The recipes in this collection feature farmers' favorite U.S. grown ingredients, including farm-fresh eggs, crisp and crunchy greens, just-picked apples, hearty pecans, and of course, versatile, heart healthy, soybean oil.





**KEVIN
WILSON**

4TH Generation
Farmer

4,000 Acres

USB Farmer-Director Kevin Wilson and his wife Karen grow soybeans, corn, processing tomatoes and hay, and have a small cow-calf herd on their farm in Walton, Indiana. His children, grandchildren and brothers are also involved on the farm. Kevin's goal for his operation is to be sustainable. He wants to continue to educate and communicate to his customers the great things he is doing on his farm.

Kevin and Karen enjoy cooking their spinach and feta brunch bake to bring their family together on the weekends!

SPINACH AND FETA BRUNCH BAKE



PREP TIME:
25 MINUTES



COOK TIME:
35 MINUTES



TOTAL TIME:
1 HOUR



MAKES:
8 SERVINGS

INGREDIENTS:

| | |
|---|---|
| 3 tablespoons U.S. grown soybean oil | ¼ cup Chopped fresh dill |
| 1 small Sweet onion, chopped | Pinch of Cayenne |
| 2 packages (12 oz. each) Frozen chopped spinach, thawed, drained and squeezed dry | 1 cup All-purpose flour, made from U.S. grown wheat |
| ½ teaspoon Salt | 1 teaspoon Baking powder |
| ¼ teaspoon Freshly ground pepper | 4 large Farm-fresh eggs, beaten |
| 4 ounces Crumbled feta cheese | ⅓ cup Milk |

INSTRUCTIONS:

Preheat oven to 350°F. Grease a deep-dish 9-inch pie plate.

Heat the oil over medium heat in a large skillet and cook the onion until softened, about 8 minutes. Stir in the spinach, salt, pepper, feta, dill and cayenne, and transfer to pie plate.

In a medium bowl, whisk together the remaining ingredients and pour over the spinach mixture. Bake 25-30 minutes or until knife inserted in center comes out clean. Let stand 5 minutes before serving or let cool and serve at room temperature.

NUTRITION PER SERVING:

| | | | | |
|-----------------|------------------|---------------------|---------------|------------|
| Calories | Protein | Carbohydrate | Fiber | Fat |
| 200 | 9g | 18g | 2g | 11g |
| Sat. Fat | Trans Fat | Cholesterol | Sodium | |
| 4g | 0g | 120mg | 450mg | |



**APRIL
HEMMES**

4th Generation Farmer &
First Female Owner

1,000 Acres

USB Farmer-Director April Hemmes grows soybeans and corn on her 1,000-acre farm in North-Central Iowa. Her family has owned the farm since 1901, making her the fourth generation farmer and the farm's first female owner. April employs no-till practices and uses biotechnology in order to reduce tillage, use less fossil fuels, reduce water run-off and enhance the nutrient quality of the soil. She loves to share her passion for farming with future generations of farmers, and finds happiness in inspiring fellow women to pursue their career goals.

April enjoys making her Kale and Cabbage Coleslaw with Crunchy Ramen Noodles recipe for her family after a long, hard-working day on the farm!

KALE & CABBAGE COLESLAW WITH CRUNCHY RAMEN NOODLES



PREP TIME:
10 MINUTES



COOK TIME:
0 MINUTES



TOTAL TIME:
10 MINUTES



MAKES:
6 SERVINGS

INGREDIENTS:

Dressing:

2 tablespoons Apple cider vinegar
1 tablespoon Sugar
2 tablespoons U.S. grown soybean oil
Salt and pepper to taste

Salad:

12 ounces Pre-cut coleslaw blend
2 cups Baby kale leaves, packed
½ package Ramen noodles, lightly crushed
in package (seasoning mix discarded)
2 tablespoons Toasted sunflower seeds

INSTRUCTIONS:

In a large bowl, whisk together the dressing ingredients. Add the coleslaw, kale and edamame and mix well. Just before serving, top with the ramen noodles and sunflower seeds.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat |
|----------|-----------|--------------|--------|-----|
| 200 | 4g | 17g | 1g | 11g |
| Sat. Fat | Trans Fat | Cholesterol | Sodium | |
| 2g | 0g | 10mg | 150mg | |



**DAN & MARY
FARNEY**

80 Years of Combined
Farming Experience

600 Acres

USB Farmer-Director Dan Farney and his wife, Mary, grow soybeans and corn on their 600-acre farm in Morton, Illinois. With nearly 80 years of combined farming experience, they are dedicated to employing sustainable practices on their farm that will leave their land healthier for future generations. They conserve soil through practices such as no-till and conservation tillage.

Dan and Mary enjoy making their Orchard-Fresh Apple Cobbler when their three children come to visit the farm.

ORCHARD-FRESH APPLE COBBLER



PREP TIME:
45 MINUTES



COOK TIME:
1 HOUR



TOTAL TIME:
1 HOUR, 45 MIN.



MAKES:
16 SERVINGS

INGREDIENTS:

Cobbler:

2 cups All-purpose flour, made from
U.S. grown wheat
½ cup Sugar
¾ teaspoons Salt, divided
½ cup U.S. grown soybean shortening,
cut into pieces
¼ cup Unsalted butter, cut into pieces
2 Egg yolks, beaten
2 tablespoons Ice water

2 pounds U.S. grown Granny Smith apples,
peeled, cored and cut into ¼-inch slices
¼ cup Brown sugar, packed
1 tablespoon Lemon juice
1 teaspoon Vanilla extract

Cinnamon Cream:

1 cup Heavy cream
1 tablespoon Powdered sugar
1 teaspoon Vanilla extract
¼ teaspoon Ground cinnamon

INSTRUCTIONS:

1. Flour Mixture:

In a food processor, combine the flour, sugar and ½ teaspoon salt and process until well blended. Add soybean shortening and butter, and pulse until a coarse crumble forms. Add egg yolks and ice water, and mix until dough comes together.

Pat ¾ of the dough into an 11 x 7-inch pan and chill while you prepare the apples.

2. Apple Mixture:

In a large bowl, combine the apples, brown sugar, remaining ¼ teaspoon salt, lemon juice and vanilla.

Transfer to the pan and crumble the remaining crust mixture over the top.

3. Baking Instructions:

Preheat oven to 400°F. Place on a sheet pan and bake 15 minutes. Reduce the heat to 350°F and bake 40-45 minutes or until the top is browned and mixture is bubbling. Cool 30 minutes before serving.

4. Cinnamon Cream:

Beat together all ingredients until lightly whipped. Serve with cobbler.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 260 | 3g | 30g | 2g | 15g | 5g | 0g | 40mg | 115mg |



**LAURIE
ISLEY**

5th Generation Farmer,
Family Has Farmed in the
Area for Over 150 Years

1,100 Acres

USB Farmer-Director Laurie Isley and her husband, Jim, are fifth-generation farmers in southeastern Michigan. Their son, Jake, is also involved in the operation. The Isleys grow corn and soybeans and are committed to sustainability. They use a variety of conservation tools in their operation.

Laurie loves making memories in the kitchen by baking her farmhouse pecan pie with her children and grandchildren!

FARMHOUSE PECAN PIE



PREP TIME:
30 MINUTES



COOK TIME:
40 MINUTES



TOTAL TIME:
1 HOUR, 10 MIN.



MAKES:
12 SERVINGS

INGREDIENTS:

Crust:

1 ½ cup All-purpose flour, made from
U.S. grown wheat
¼ teaspoon Salt
½ cup U.S. grown soybean shortening,
chilled and cut into 1-inch pieces
3 tablespoons Ice water

Filling:

3 Farm-fresh eggs, beaten
2 tablespoons U.S. sourced honey
1 cup Light corn syrup
¼ cup Dark brown sugar, packed
¼ cup Unsalted butter, melted
½ teaspoon Salt
2 teaspoons Vanilla
3 cups U.S. grown pecans, 2 cups chopped,
1 cup left whole

INSTRUCTIONS:

Crust:

In a medium bowl or food processor, combine the flour and salt. Add the shortening and cut with 2 knives or process until coarse crumbs form. Drizzle in the ice water and toss or process until dough begins to hold together. Turn dough onto a smooth surface and gather into a ball. Cover in plastic wrap and refrigerate 1 hour.

Preheat oven to 375°F. Roll dough into a 12-inch circle and transfer to a 9-inch pie plate. Trim dough until it hangs over ½-inch all the way around. Fold edges of dough under and crimp edges.

Filling:

In a large bowl, whisk together eggs, honey, corn syrup, brown sugar, butter, salt and vanilla.

Pecan Mixture:

Line pie crust with chopped pecans and pour in filling mixture. Cover the top with the whole pecans and bake 35-40 minutes. If nuts are starting to burn, cover with foil. Bake until filling is slightly wobbly but mostly set and puffed. Let cool at least 2 hours before serving.

NUTRITION PER SERVING:

| | | | | | | | | |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
| 490 | 6g | 46g | 2g | 34g | 7g | 0g | 65mg | 180mg |



**WENDY
YAEGAR**

4th Generation
Farmer

1,100 Acres

USB Farmer-Director Wendy Yeager is a fourth-generation farmer from Orrville, Alabama, where she and her husband grow soybeans, cotton, peanuts, grain sorghum and wheat. She and her husband, Jamie, have two children, Casey and Lillian. Wendy prioritizes teaching her daughters and her fellow farmers to be good stewards of the land. She is passionate about opportunities in soybean seed genetics and utilizing new technologies to boost yields and profitability for farmers with less pressure to sacrifice sustainable practices.

One of Wendy's family's favorite dinners to make together is a delicious, homemade margherita pizza.

MARGHERITA PIZZA



PREP TIME:
20 MINUTES



COOK TIME:
15 MINUTES



TOTAL TIME:
1 HOUR



MAKES:
8 SERVINGS

INGREDIENTS:

2 ½ cups All-purpose flour, divided
1 package Dry yeast (.75 oz.)
¾ teaspoon Salt
1 cup Warm water (120 to 130° F)
4 tablespoons U.S. grown soybean oil, divided

½ cup Store-bought marinara or pizza sauce
4 medium Roma tomatoes, thinly sliced
6 ounces Fresh mozzarella, sliced
6 fresh Basil leaves, torn into pieces

INSTRUCTIONS:

Combine 2 cups flour, yeast and salt in a large bowl. Stir in warm water and 2 tablespoons soybean oil. Add additional water, as needed, to form a soft dough. Knead 4 to 6 minutes on lightly floured surface until smooth and elastic. Cover; let rest on floured surface 10 minutes.

Preheat grill to medium-high.

Divide dough into 4 portions. Pat or roll dough on a well-floured counter to about 8-inch circle. Brush both sides of each crust with remaining soybean oil.

Place crusts on grill and cook for 3 to 4 minutes until crust bottoms are lightly browned. Carefully flip crusts over using large spatula. Top each crust with marinara or pizza sauce, tomatoes, cheese and basil, dividing ingredients evenly. Cook an additional 3 to 4 minutes until bottom of crust is browned and cheese is melted. Remove from grill and serve immediately.

OVEN BAKING INSTRUCTIONS:

Assemble pizzas, place on baking sheets; bake for 10 to 12 minutes in 450°F degree oven.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat |
|----------|-----------|--------------|--------|-----|
| 290 | 12g | 35g | 1g | 12g |
| Sat. Fat | Trans Fat | Cholesterol | Sodium | |
| 4g | 0g | 15mg | 360mg | |



**MEAGAN
KAISER**

125 Year Old Farm

USB Farmer-Director Meagan Kaiser grows soybeans and corn with her husband and his family on their farm in Bowling Green, Missouri. Meagan and her husband Marc have two children, Mak and Norah. In addition to farming, Kaiser is a soil scientist at Perry Agricultural Laboratory and also owns and operates a precision agriculture soil sampling service.

With a busy schedule both on the farm and as a soil scientist, Meagan says that this steak salad recipe is her favorite quick on-the-go meal.



STEAK SALAD WITH GINGER SOY DRESSING



PREP TIME:
20 MINUTES



COOK TIME:
0 MINUTES



TOTAL TIME:
20 MINUTES



MAKES:
1 SERVING

INGREDIENTS:

Ginger Soy Dressing:

½ cup U.S. grown soybean oil
¼ cup Rice vinegar
¼ cup Water
2 tablespoons Reduced-sodium soy sauce
¼ cup Green onion, chopped
1½ teaspoon fresh Ginger, minced
1 teaspoon Garlic, minced

Steak Salad:

8 cups Baby salad greens
1 cup Carrots, shredded
1 cup Edamame, shelled and cooked according to package directions
1 cup Cherry tomatoes, halved
1 pound Flat iron or flank steak, grilled and sliced

INSTRUCTIONS:

Place all Ginger Soy Dressing ingredients in food processor or blender.

Process until smooth; cover and refrigerate.

Combine salad ingredients. Top with dressing.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat |
|----------|-----------|--------------|--------|-----|
| 420 | 37g | 13g | 5g | 24g |
| Sat. Fat | Trans Fat | Cholesterol | Sodium | |
| 5g | 0g | 55mg | 290mg | |



**WILLIAM
LAYTON**

100 Year Old
Family Farm

1,300 Acres

USB Farmer-Director William Layton and his family grow corn, soybeans, wheat and grapes on their grain and fruit farm in Vienna, Maryland. William and his wife, Jennifer, have two children, Stephen and Alison. William farms alongside his father on Lazy Day Farms.

William's family enjoy treating themselves to a glass of wine and some crispy fried chicken after a long day of work on the farm and the vineyard.



CRISPY FRIED CHICKEN



PREP TIME:
10 MINUTES



COOK TIME:
30 MINUTES



TOTAL TIME:
40 MINUTES



MAKES:
4 SERVINGS

INGREDIENTS:

4 cups U.S. grown soybean oil for deep frying
1 cup Buttermilk
3 pounds Fryer chicken, cut into 10 pieces,
backbone and wing tips removed (1 whole
chicken)
1 cup All-purpose flour

1 ½ teaspoon Paprika
1 teaspoon Ground black pepper
1 teaspoon Garlic powder
½ teaspoon Salt

INSTRUCTIONS:

Preheat soybean oil to 350°F in heavy frying pan or small deep fryer.

Line baking sheet with paper towels.

Place buttermilk in shallow dish. Place flour in separate shallow dish. Dip chicken pieces into buttermilk, season with paprika, pepper, garlic powder and salt. Roll in flour to coat completely.

Fry chicken until golden, turning as needed, 10 to 15 minutes. Remove when thermometer inserted into the thickest part of the chicken registers 165°F. Drain on paper towels.

Nutritional information unavailable for this recipe.



**BELINDA
BURRIER**

3rd Generation
Farmer

1,200 Acres

USB Farmer-Director Belinda Burrier grows commodity soybeans, high oleic soybeans, corn, wheat, alfalfa and hay with her husband and nephew on their farm in Union Bridge, Maryland. Belinda enjoys mentoring the younger generations of farmers to support the future of farming.

Belinda loves to make her favorite chicken empanadas for her family after a long day on the farm.

EMPANADAS



PREP TIME:
20 MINUTES



COOK TIME:
25 MINUTES



TOTAL TIME:
45 MINUTES



MAKES:
16 SERVINGS

INGREDIENTS:

2 cups All-purpose flour
½ teaspoon Salt
½ cup U.S. grown soybean shortening
½ cup Cold water, or as needed
2 tablespoons U.S. grown soybean oil
¼ cup Onion, chopped
2 cloves Garlic, minced

1 cup Cooked boneless, skinless chicken breast, chopped
½ teaspoon Paprika
½ teaspoon Cumin
¼ teaspoon Ground black pepper
1 tablespoon Cilantro, chopped
4 cups U.S. grown soybean oil for frying

INSTRUCTIONS:

Place flour and salt in food processor; process for 5 seconds. Add shortening; process until crumbly. Gradually add water, processing until dough almost gathers into a ball. Transfer to a floured surface; knead lightly. Cover with plastic wrap; let stand for 30 minutes.

Heat soybean oil over medium high heat in medium skillet. Cook onion and garlic until soft. Stir in, chicken, paprika, cumin and black pepper, cook for about 3 minutes. Stir in cilantro, mixing well. Remove from heat. Let cool.

Form dough into 9-inch log; cut into 12 portions about 3/4-inch each. On floured surface, roll each piece into a circle about 1/4-inch thick. Repeat to form 16 circles.

Place about 1 heaping teaspoon of the chicken filling in the center of each dough round. Fold half of the circle over to form a half-moon; press the edges together firmly. Repeat with remaining dough and filling.

Preheat soybean oil to 365°F in heavy frying pan. Place one or two pies into fryer at a time. Cook for around 5 minutes, turning once to brown on both sides. Drain on paper towels.

Notes:

Unbaked empanadas may be frozen. Freeze on baking sheet lined with wax paper until hard. Store in freezer containers. Bake frozen; add additional 5 minutes to bake time.

Nutritional information unavailable for this recipe.

APPETIZERS

WOK CHARRED EDAMAME 3 WAYS



PREP TIME:
5 MINUTES



COOK TIME:
5 MINUTES



TOTAL TIME:
10 MINUTES



MAKES:
16 SERVINGS

INGREDIENTS:

2 tablespoons U.S. grown soybean oil
4 cups Edamame, in-shell and thawed

INSTRUCTIONS:

Heat soybean oil over high heat in a wok or skillet. Add edamame; sauté for 3 to 5 minutes, stirring constantly, until pods begin to lightly char. Remove and season as desired.

SOY GINGER EDAMAME:

Season with 1 tablespoon of soy sauce, 2 teaspoons of fresh ginger and 1 teaspoon of sesame seeds.

MAPLE BALSAMIC EDAMAME:

Season with 2 tablespoons of maple syrup, 1 tablespoon of balsamic vinegar and 1 teaspoon of sea salt.

DUKKAH SPICED EDAMAME:

Season with 2 tablespoons of Dukkah spice blend.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat |
|----------|-----------|--------------|--------|-----|
| 90 | 4g | 5g | 2g | 3g |
| Sat. Fat | Trans Fat | Cholesterol | Sodium | |
| 0g | 0g | 0mg | 15mg | |



SOPES THREE WAYS



PREP TIME:
45 MINUTES



COOK TIME:
45 MINUTES



TOTAL TIME:
1 HOUR,
30 MINUTES



MAKES:
16 SERVINGS

TORTILLA BASE

INGREDIENTS:

1 ½ cup Masa harina
1 cup plus 2 tablespoons Warm water
4 cups U.S. grown soybean oil, for cooking sopes

INSTRUCTIONS:

Combine masa harina and water in a medium bowl and knead to combine. Add additional water one tablespoon at a time until mixture comes together. Divide masa harina into 2-inch balls and press with a plastic-lined tortilla press or rolling pin into 1/2-inch thick disks. Transfer to a parchment-lined baking sheet.

Brush a griddle or comal with soybean oil and cook sopo shells on one side, about 1 minute. Turn and repeat. Transfer to towel and cover with a kitchen towel. Allow to cool for about 30 seconds. With your fingers, pinch the edges to form a “boat.”

REFRIED BEAN (VEGETARIAN) TOPPING

INGREDIENTS:

| | |
|-------------------------------------|--------------------------------------|
| 1 tablespoon U.S. grown soybean oil | Salt and pepper to taste |
| 1 can (14 oz.) Pinto beans, drained | 1 cup Green cabbage, shredded |
| ½ teaspoon Ground cumin | 2 small Tomatoes, seeded and chopped |
| 1 tablespoon Fresh lime juice | 1 Avocado peeled, pitted and diced |
| | ¼ cup Queso fresco, crumbled |

INSTRUCTIONS:

Combine the oil, beans and their liquid, cumin and lime in a small saucepan over medium heat. Cook until warmed through, mashing the beans with a potato masher. Season with salt and pepper. Spread the beans on the sopes and top with the remaining ingredients.

NUTRITION PER SERVING:

| | | | | | | | | |
|-----------------|----------------|---------------------|--------------|------------|-----------------|------------------|--------------------|---------------|
| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
| 90 | 3g | 14g | 3g | 3g | .5g | 0g | 0mg | 120mg |



CHICKEN TOPPING

INGREDIENTS:

| | |
|---|------------------------------|
| 1 tablespoon U.S. grown soybean oil | 1 cup prepared Guacamole |
| 1 pound Cooked chicken breast, shredded | 1 cup Salsa verde |
| 1 teaspoon Dry oregano | 3 tablespoons Mexican crema |
| Salt and pepper to taste | ¼ cup Queso fresco, crumbled |

INSTRUCTIONS:

Heat the oil in a medium saucepan over medium heat. Add the chicken and oregano, stirring frequently until chicken has crisped and browned. Season with salt and pepper. Spread the guacamole on the sopes and top with the remaining ingredients.

NUTRITION PER SERVING:

| | | | | | | | | |
|-----------------|----------------|---------------------|--------------|------------|-----------------|------------------|--------------------|---------------|
| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
| 90 | 2g | 11g | 1g | 5g | 1g | 0g | 5mg | 210mg |



SHRIMP TOPPING

INGREDIENTS:

| | |
|---|------------------------------|
| 1 tablespoon U.S. grown soybean oil | Salt and pepper to taste |
| 1 pound medium Shrimp, peeled, deveined | 1 cup prepared Guacamole |
| 1 tablespoon U.S. sourced honey | 1 Pico de gallo |
| 1 teaspoon Minced canned chipotle chili in adobo sauce, plus ½ teaspoon adobo sauce | ¼ cup Queso fresco, crumbled |
| | Chopped cilantro |

INSTRUCTIONS:

Heat the oil in a medium saucepan over medium heat. Add the shrimp, honey and chipotle pepper, stirring frequently until shrimp are just cooked through, about 2 minutes. Season with salt and pepper. Spread the guacamole on the sopes and top with the remaining ingredients.

NUTRITION PER SERVING:

| | | | | | | | | |
|-----------------|----------------|---------------------|--------------|------------|-----------------|------------------|--------------------|---------------|
| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
| 110 | 6g | 12g | 1g | 5g | 1.5g | 0g | 40mg | 320mg |





CRISP ROOT VEGETABLE CHIPS



PREP TIME:
20 MINUTES



COOK TIME:
10 MINUTES



TOTAL TIME:
30 MINUTES



MAKES:
16 SERVINGS

INGREDIENTS:

6 cups U.S. grown soybean oil for deep frying
1 pound Yukon gold potatoes, peeled
1 pound Purple potatoes, peeled
1 medium Sweet potato, peeled
4 medium Beets, peeled
1 teaspoon Sea salt

INSTRUCTIONS:

Preheat soybean oil to 360°F in heavy frying pan or small deep fryer.

Slice root vegetables into very thin rounds, less than 1/8-inch thick, using a hand slicer or mandoline. Separate vegetable slices into individual slices.

Fry in small batches, 1 to 2 minutes per batch, turning as needed until just crisp*.
Drain in single layer on paper towels; sprinkle with salt.

Cool completely before serving or storing.

**Note: Cooking time will vary depending on size and type of vegetable.*

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 130 | 2g | 16g | 0g | 6g | .5g | 0g | 0mg | 160mg |



EDAMAME HUMMUS



PREP TIME:
5 MINUTES



COOK TIME:
0 MINUTES



TOTAL TIME:
5 MINUTES



MAKES:
14 SERVINGS

INGREDIENTS:

2 cups Edamame, shelled and cooked
according to package directions
1/4 cup U.S. grown soybean oil
3 tablespoons Lemon juice
2 teaspoons Garlic, chopped
3/4 teaspoons Ground cumin
1/2 teaspoon Salt

INSTRUCTIONS:

Purée edamame, soybean oil, lemon juice, garlic, cumin and salt in food processor for 30 seconds, scraping sides twice until almost smooth.

Cover and refrigerate until ready to serve.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 60 | 2g | 3g | 1g | 5g | 0g | 0g | 0mg | 90mg |

MARINADES, DIPS & DRESSINGS

INFUSED SOYBEAN OILS



PREP TIME:
5 MINUTES,
PER OIL



COOK TIME:
3 MINUTES,
PER OIL



TOTAL TIME:
8 MINUTES,
PER OIL



MAKES:
8 SERVINGS
EACH

CILANTRO & GREEN ONION INFUSED SOYBEAN OIL

INGREDIENTS:

½ cup U.S. grown soybean oil
½ cup fresh Cilantro leaves, packed

¼ cup Green onion tops, sliced
¼ teaspoon Salt

INSTRUCTIONS:

Pulse soybean oil, cilantro leaves, green onions and salt in blender until smooth. Pour oil into fine-mesh sieve set over bowl to strain. Cover and refrigerate for up to one week. Makes ½ cup.

CHILI GARLIC INFUSED SOYBEAN OIL

INGREDIENTS:

½ cup U.S. grown soybean oil
1 small Dried chili pod
1 clove Garlic, crushed

INSTRUCTIONS:

Heat soybean oil, red chili flakes and garlic in small saucepan over low heat for 3 minutes. Remove from heat; cool for 1 hour. Serve immediately or refrigerate for up to one week. Makes ½ cup.

ROSEMARY & BALSAMIC INFUSED SOYBEAN OIL

INGREDIENTS:

½ cup U.S. grown soybean oil
6 sprigs fresh Rosemary, 2-inches long

1 tablespoon Balsamic vinegar
¼ teaspoon Sea salt

INSTRUCTIONS:

Heat soybean oil and rosemary in small saucepan over low heat for 3 minutes. Remove from heat; cool for 1 hour. Add balsamic vinegar and sea salt. Serve immediately or refrigerate for up to one week. Makes ½ cup.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 120 | 0g | 0g | 0g | 14g | 2g | 0g | 0mg | 75mg |

TRIO OF SOYBEAN MARINADES

MEDITERRANEAN MARINADE

INGREDIENTS:

½ cup U.S. grown soybean oil
2 cloves Garlic
¼ teaspoon Ground black pepper
6 sprigs fresh Rosemary, 2-inches long
½ cup Red wine vinegar
2 tablespoons Honey
¼ teaspoon Sea salt



PREP TIME:

4 MINUTES
PER MARINADE



MAKES:

1 CUP PER
MARINADE

INSTRUCTIONS:

Whirl ingredients in food processor for 30 seconds or until blended.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 70 | 0g | 2g | 0g | 7g | 1g | 0g | 0mg | 35mg |

ZESTY CUBAN MARINADE

INGREDIENTS:

6 sprigs fresh Oregano, 2-inches long
¼ cup fresh Orange juice
2 tablespoons Cider vinegar
1 tablespoon Sugar
¾ teaspoons Ground allspice
½ teaspoon Cayenne
½ cup U.S. grown soybean oil

INSTRUCTIONS:

Whirl ingredients in food processor for 30 seconds or until blended.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 70 | 0g | 1g | 0g | 7g | 1g | 0g | 0mg | 0mg |

SWEET & SPICY ASIAN MARINADE

INGREDIENTS:

½ cup U.S. grown soybean oil
2 cloves Garlic
¼ teaspoon Ground black pepper
2 tablespoons Green onion, chopped
¼ cup fresh Lime juice
¼ cup Soy sauce
2 tablespoons Brown sugar
¼ teaspoon Dried chili flakes

INSTRUCTIONS:

Whirl ingredients in food processor for 30 seconds or until blended.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 70 | 0g | 2g | 0g | 7g | 1g | 0g | 0mg | 150mg |



GINGER SOY DRESSING



PREP TIME:

10 MINUTES



COOK TIME:

0 MINUTES



TOTAL TIME:

10 MINUTES



MAKES:

1 SERVING

INGREDIENTS:

½ cup U.S. grown soybean oil
¼ cup Rice vinegar
¼ cup Water
2 tablespoons Reduced-sodium soy sauce
¼ cup Green onion, chopped
1½ teaspoon fresh Ginger, minced
1 teaspoon Garlic, minced

INSTRUCTIONS:

Place all ingredients in food processor or blender. Process until smooth; cover and refrigerate. Serve with your favorite salad greens.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 130 | 0g | 1g | 0g | 14g | 2g | 0g | 0mg | 150mg |



PREP TIME:
10 MINUTES



COOK TIME:
35 MINUTES



TOTAL TIME:
45 MINUTES



MAKES:
6 SERVINGS

INGREDIENTS:

| | |
|--|--|
| 1 tablespoon U.S. grown soybean oil | ¼ cup fresh Basil leaves, packed |
| 1 small Onion, diced | 2 cups Low-sodium vegetable or chicken broth |
| 1 clove Garlic, chopped | 2 cups Plain soymilk |
| 1 can Tomatoes, peeled and unsalted | 1 teaspoon Salt and pepper to taste |
| ½ cup Red peppers, roasted and chopped | |

INSTRUCTIONS:

Heat soybean oil in large saucepan over medium heat. Add onions and garlic and cook for 2 to 3 minutes until soft.

Place onions, garlic, tomatoes, red peppers, basil and broth in food processor or blender. Purée for 30 seconds until smooth.

Return to saucepan and heat over medium heat. Add soymilk and cook, stirring occasionally, until soup begins to simmer. Season with salt and pepper, as desired.

NUTRITION PER SERVING:

| | | | | |
|-----------------|------------------|---------------------|---------------|------------|
| Calories | Protein | Carbohydrate | Fiber | Fat |
| 130 | 5g | 19g | 4g | 3.5g |
| Sat. Fat | Trans Fat | Cholesterol | Sodium | |
| .5g | 0g | 5mg | 170mg | |



CREAMY PUMPKIN CURRY SOUP



PREP TIME:
5 MINUTES



COOK TIME:
10 MINUTES



TOTAL TIME:
15 MINUTES



MAKES:
8 SERVINGS

INGREDIENTS:

1 tablespoon U.S. grown soybean oil
1 small Onion, diced
16 ounces Silken tofu (1 package)
15 ounces Pumpkin purée (1 can)
1 medium Apple, peeled, cored and sliced
2 cups Low-sodium vegetable or chicken broth

1 teaspoon Curry powder
 $\frac{3}{4}$ teaspoons Ground black pepper
 $\frac{3}{4}$ teaspoons Salt
 $\frac{1}{4}$ cup Pumpkin seeds, toasted (optional)

INSTRUCTIONS:

Heat soybean oil in medium saucepan over medium heat. Add onions and cook for 2 to 3 minutes until soft.

Place onions, tofu, pumpkin, apple, broth, curry powder, pepper and salt in blender.

Purée for 1 minute until smooth.

Return mixture to saucepan. Heat over medium heat, stirring occasionally, until soup begins to gently simmer. Do not boil. Ladle into bowls; top with pumpkin seeds, if desired.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|------|----------|-----------|-------------|--------|
| 90 | 5g | 11g | 3g | 3.5g | 0g | 0g | 0mg | 360mg |



CAULIFLOWER & POTATO SOUP



PREP TIME:
5 MINUTES



COOK TIME:
15 MINUTES



TOTAL TIME:
20 MINUTES



MAKES:
6 SERVINGS

INGREDIENTS:

1 tablespoon U.S. grown soybean oil
1 small Onion, diced
3 cups Cauliflower, chopped
1 cup White potatoes, diced
2 cups Vegetable or chicken broth

2 cups Plain soymilk
2 tablespoons Parsley, chopped
1 teaspoon Lemon zest
1 teaspoon Garlic, chopped
1 teaspoon Salt and pepper to taste

INSTRUCTIONS:

Heat soybean oil in large saucepan over medium heat. Add onions and cook for 2 to 3 minutes until soft. Add cauliflower, potatoes and broth. Cover and cook for 8 minutes until very tender.

Place mixture in food processor. Process 1 minute until smooth.

Return to saucepan and heat over medium heat. Add soymilk and cook, stirring occasionally, until soup begins to simmer. Season the soup with salt and pepper, as desired. Ladle into bowls; top with parsley, lemon zest and garlic.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|------|----------|-----------|-------------|--------|
| 120 | 6g | 15g | 4g | 4.5g | 0.5g | 0g | 0mg | 210mg |



PREP TIME:
15 MINUTES



COOK TIME:
1 HOUR



TOTAL TIME:
1 HOUR, 45 MIN



MAKES:
6 SERVINGS

INGREDIENTS:

Salad:

8 medium Beets, stemmed and washed
2 tablespoons U.S. grown soybean oil
3 cups Baby salad greens, packed
3 ounces Soft goat cheese, crumbled
½ cup Roasted hazelnuts, roughly chopped

Dressing:

1 tablespoon U.S. grown soybean oil
½ teaspoon Salt, divided
2 tablespoons Balsamic vinegar
1 tablespoon Honey
1 clove Garlic, minced
¼ teaspoon ground Black pepper

INSTRUCTIONS:

Preheat oven to 400°F. Place beets in a single layer on foil-lined sheet pan, rub with 2 tablespoons soybean oil and cover with foil.

Bake 45-60 minutes or until beets are tender when pierced. Remove from oven, cool and peel. Cut beets in half lengthwise and cut halves into ¼-inch wedges.

Meanwhile, in a medium bowl, whisk together dressing ingredients. Add greens, beets and mix gently. Top with goat cheese and hazelnuts.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat |
|----------|-----------|--------------|--------|-----|
| 180 | 5g | 10g | 2g | 14g |
| Sat. Fat | Trans Fat | Cholesterol | Sodium | |
| 3.5g | 0g | 5mg | 320mg | |



SUPER SOY & ANCIENT GRAIN SALAD



PREP TIME:
15 MINUTES



COOK TIME:
15 MINUTES



TOTAL TIME:
30 MINUTES



MAKES:
12 SERVINGS

INGREDIENTS:

2 tablespoons U.S. grown soybean oil
2 Lemons, juiced and zested
2 teaspoons Dijon mustard
½ teaspoon Salt
½ teaspoon Ground black pepper
3 cups Quinoa, cooked and cooled
2 cups Edamame, shelled and cooked according to package directions

1 cup fresh Blueberries
1 Cucumber, peeled, seeded and cut into ¼-inch cubes
2 ripe Avocados, peeled, pitted and sliced
½ cup Red onion, diced
½ cup fresh Basil, thinly sliced
¼ cup fresh Mint, finely chopped

INSTRUCTIONS:

Whisk soybean oil, lemon juice and zest, mustard, salt and pepper in small bowl until smooth; set aside.

Combine quinoa, edamame, blueberries, cucumber, avocado, red onion, basil and mint in medium serving bowl. Pour soybean oil lemon mixture over salad, tossing lightly, until combined. Top with avocado slices. Serve immediately.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 160 | 5g | 16g | 5g | 9g | 1g | 0g | 0mg | 130mg |



ROASTED VEGETABLE & COUSCOUS SALAD



PREP TIME:
5 MINUTES



COOK TIME:
15 MINUTES



TOTAL TIME:
20 MINUTES



MAKES:
6 SERVINGS

INGREDIENTS:

3 cups Broccoli florets, cut into ½-inch pieces
1 Red bell pepper, cut into 1-inch squares
1½ cup Red onion, peeled and cut into ¼-inch slices

6 tablespoons U.S. grown soybean oil, divided
½ teaspoon Salt, divided
½ tablespoon Ground black pepper, divided
1½ cup Dry, giant Israeli couscous
2 tablespoons Balsamic vinegar

INSTRUCTIONS:

Preheat oven to 425°F.

Toss broccoli, peppers and onions with 2 tablespoons soybean oil and ¼ teaspoon each of salt and pepper. Place on foil-lined baking sheet.

Bake for 15 minutes until vegetables are tender and lightly browned.

Meanwhile, cook couscous according to package directions.

Place cooked couscous and roasted vegetables in large bowl. Pour vinegar and remaining soybean oil over salad and sprinkle with remaining salt and pepper; toss lightly until combined.

You may substitute 3 cups cooked regular couscous with brown rice or quinoa.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 270 | 5g | 31g | 3g | 14g | 2g | 0g | 0mg | 210mg |



PREP TIME:
15 MINUTES



COOK TIME:
10 MINUTES



TOTAL TIME:
50 MINUTES



MAKES:
4 SERVINGS

INGREDIENTS:

1 pound Extra-firm tofu, drained
1 tablespoons U.S. grown soybean oil
2 tablespoons Reduced sodium soy sauce
1 tablespoon Sriracha
1 tablespoon Fresh lime juice
1 tablespoon Honey
¼ teaspoon Ground black pepper
4 Whole-wheat burger buns

Accompaniments:

Lettuce leaves
Tomato slices
Red onion slices
Soybean-based mayonnaise

INSTRUCTIONS:

Cut tofu block into four, 4x5x1-inch pieces.

Combine soybean oil, soy sauce, sriracha, lime juice, honey and pepper in a self-sealing plastic bag. Add tofu pieces and marinate in refrigerator for 30 minutes or up to 6 hours.

Preheat grill to medium-high. Grill tofu for 8 to 10 minutes, turning until evenly browned.

Serve on buns with lettuce, tomato, onions and mayonnaise, if desired.

On the stovetop: Place tofu in nonstick skillet over medium-high heat and cook for 10 minutes, turning until evenly browned.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat |
|----------|-----------|--------------|--------|-----|
| 300 | 18g | 30g | 0g | 12g |
| Sat. Fat | Trans Fat | Cholesterol | Sodium | |
| 1g | 0g | 0mg | 520mg | |



SHRIMP & VEGGIE PASTA FRESCA



PREP TIME:
15 MINUTES



COOK TIME:
15 MINUTES



TOTAL TIME:
30 MINUTES



MAKES:
6 SERVINGS

INGREDIENTS:

3 tablespoons U.S. grown soybean oil
3 cloves Garlic, chopped
1 pound Shrimp, peeled and deveined
(30 to 35 shrimp)
1 Lemon, juiced and zested
½ teaspoon Red pepper flakes
1 Carrot, cut into matchstick-sized pieces
¾ cups Edamame, shelled and thawed

1 Red bell pepper, cut into 1-inch squares
1 cup Cherry tomatoes, halved
8 ounces Farfalle or bowtie pasta, cooked
according to package directions
¼ teaspoon Sea salt
¼ teaspoon fresh Black pepper
2 tablespoons Parmesan cheese, shredded
1 tablespoon Italian parsley, chopped

INSTRUCTIONS:

Heat soybean oil in large skillet over medium-high heat. Add garlic and cook for 2 minutes, stirring occasionally.

Add shrimp, lemon juice and red pepper flakes. Cook for 2 to 3 minutes, stirring frequently, until shrimp is pink and cooked through.

Add carrots, edamame, bell peppers and tomatoes. Cook, stirring frequently, until the carrots are tender. Add pasta, salt, pepper, cheese, parsley and lemon zest. Cook, tossing gently, until thoroughly heated. Top with parmesan cheese, if desired.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 90 | 3g | 13g | 1g | 9g | 1.5g | 0g | 5mg | 50mg |



TERIYAKI SOY RICE BOWL



PREP TIME:
10 MINUTES



COOK TIME:
10 MINUTES



TOTAL TIME:
20 MINUTES



MAKES:
4 SERVINGS

INGREDIENTS:

1 tablespoon U.S. grown soybean oil
14 ounces Firm tofu (1 block), cut into
½-inch cubes
½ Teriyaki sauce, reduced sodium
½ cup Water

1 ½ cup Carrots, shredded
1 Edamame, shelled and thawed
1 cup Broccoli florets, cut into ½-inch pieces
1 cup Red pepper, cut into ½-inch pieces
2 cups Cooked brown or white rice

INSTRUCTIONS:

Heat oil in large frying pan over medium high heat.

Add tofu, stirring constantly, for 5 minutes or until lightly browned.

Stir in teriyaki sauce, water, carrots, edamame, broccoli and red bell pepper.

Bring to boil and cook, stirring constantly, for 3 minutes or until vegetables are tender and sauce has thickened slightly. Serve over brown or white rice.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 460 | 23g | 64g | 9g | 13g | 2g | 0g | 0mg | 700mg |



VEGGIE & TOFU FAJITAS



PREP TIME:
15 MINUTES



COOK TIME:
45 MINUTES



TOTAL TIME:
1 HOUR



MAKES:
6 SERVINGS

INGREDIENTS:

3 tablespoons fresh Lime juice
2 teaspoons Paprika
2 teaspoons Ground cumin
3 cloves Garlic, minced
1 small Jalapeño, seeded and finely diced
1/2 teaspoon Salt
12 ounces Extra firm tofu (1 block), drained

2 tablespoons U.S. grown soybean oil
2 Bell peppers, cored, seeded and sliced
1 Onion, peeled and sliced
12 Corn or flour tortillas, heated
3/4 cups Guacamole
3/4 cups Pico de gallo, store bought
1/2 cup Plain Greek yogurt

INSTRUCTIONS:

Combine lime juice, paprika, cumin, minced garlic, jalapeño and salt; set aside.

Cut tofu into 12, 1x1x3-inch pieces. Place tofu pieces in baking dish; top with marinade.

Refrigerate at least 1 hour or longer, turning tofu occasionally to marinate evenly.

Heat 2 tablespoons soybean oil in large non-stick frying pan over medium-high heat. Add tofu, turning frequently, until evenly browned and crisp; remove tofu from pan. Add bell peppers and onions to pan, cook until just soft, about 8 minutes. Gently stir in tofu pieces; remove from pan.

Serve with tortillas, guacamole, salsa and yogurt.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 300 | 12g | 37g | 6g | 13g | 1.5g | 0g | 0mg | 450mg |



CHIPOTLE SHRIMP SALAD



PREP TIME:
10 MINUTES



COOK TIME:
20 MINUTES



TOTAL TIME:
30 MINUTES



MAKES:
4 SERVINGS

INGREDIENTS:

1/2 cup Red wine vinegar, divided
4 tablespoons U.S. grown soybean oil, divided
1/2 cup Cilantro, chopped
3 cloves Garlic, chopped
1 tablespoon Chipotle chile in adobo
12 large Shrimp, raw, peeled and deveined

12 cups Romaine hearts, chopped
1 cup fresh Corn kernels
2 Sweet bell peppers, diced
1 cup Black beans, drained and rinsed
1 ripe Avocado, peeled, pitted and diced
1/4 teaspoon Salt to taste
1/4 teaspoon Pepper to taste

INSTRUCTIONS:

Purée 1/4 cup vinegar, 2 tablespoons soybean oil, cilantro, garlic and chipotle in blender until smooth. Reserve 2 tablespoons marinade mixture to small bowl; set aside.

Place remaining marinade in medium bowl. Add shrimp, toss to coat; refrigerate for 1 hour. Whisk reserved 2 tablespoons marinade with remaining vinegar and soybean oil. Season to taste with salt and pepper; set aside.

Heat large non-stick frying pan over medium heat. Add shrimp, cooking until just opaque in the center.

Combine lettuce, corn kernels, bell peppers, black beans and avocado on large platter. Drizzle salad with prepared dressing, tossing lightly. Top with warm shrimp.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 350 | 20g | 33g | 12g | 16g | 2.5g | 0g | 105mg | 590mg |

DESSERTS

CLASSIC CUPCAKES WITH FLUFFY ICING



PREP TIME:
15 MINUTES



COOK TIME:
20 MINUTES



TOTAL TIME:
35 MINUTES



MAKES:
24 SERVINGS

INGREDIENTS:

Cupcakes:

2½ cups All-purpose flour, sifted
2½ teaspoons Baking powder
½ teaspoon Baking soda
1 teaspoon Salt
4 large Eggs, beaten
1½ cup Sugar

1 cup U.S. grown soybean oil
1 tablespoon Vanilla extract
1 cup Buttermilk

Fluffy Icing:

½ cup U.S. grown soybean-based shortening
½ cup Whole milk
1 teaspoon Vanilla extract
½ teaspoon Salt
1½ pounds Powdered sugar (about 7½ cups)

INSTRUCTIONS:

Cupcakes:

Preheat oven to 350°F. Line 24 muffin cups.

Sift flour, baking powder, baking soda and salt into a medium bowl.

Beat eggs and sugar in a large bowl with an electric mixer on medium speed for 1 minute. Add soybean oil and vanilla; beat for an additional 1 minute.

Reduce mixer speed to low. Slowly add flour mixture to the large bowl, alternating with buttermilk, and scraping the sides of the bowl as needed. Spoon batter into prepared muffin cups using a ¼ measuring cup or #16 scoop, filling each cup about half full.

Bake for 20 to 22 minutes until cupcake springs back when touched.

Cool completely. Frost with fluffy icing.

Fluffy Icing:

Beat shortening, milk, vanilla and salt in a medium bowl on low speed, gradually adding powdered sugar until combined.

Increase mixer speed to high; beat 3 minutes until smooth and fluffy. Add additional powdered sugar or milk to achieve desired consistency.

**For lemon cupcakes, substitute 1 teaspoon of lemon extract and 2 tablespoons of fresh lemon zest for vanilla extract.*

NUTRITION PER SERVING:

| | | | | |
|-----------------|------------------|---------------------|---------------|------------|
| Calories | Protein | Carbohydrate | Fiber | Fat |
| 330 | 3g | 48g | 0g | 14g |
| Sat. Fat | Trans Fat | Cholesterol | Sodium | |
| 3g | 0g | 35mg | 150mg | |



FRESH FRUIT & BERRY CRUMBLE



PREP TIME:
10 MINUTES



COOK TIME:
25 MINUTES



TOTAL TIME:
35 MINUTES



MAKES:
6 SERVINGS

INSTRUCTIONS:

4 cups Mixed fresh berries, cleaned and hulled
1 tablespoon Sugar
½ cup White whole-wheat flour
½ cup Old-fashioned oats
½ cup Brown sugar, packed
3 tablespoons U.S. grown soybean oil

INSTRUCTIONS:

Place berries in baking dish, sprinkle with sugar.

Combine flour, oats, brown sugar and soybean oil in small bowl. Mix with fork or finger tips until crumbly. Sprinkle over berry mixture.

Preheat oven to 375°F. Grease 1 quart baking dish or 9-inch pie pan.

Bake for 20 to 25 minutes until topping is light golden brown and fruit mixture is bubbly around the edges.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 160 | 2g | 24g | 5g | 8g | 1g | 0g | 0mg | 0mg |



BUÑUELOS WITH RUM SYRUP



PREP TIME:
45 MINUTES



COOK TIME:
30 MINUTES



TOTAL TIME:
1 HOUR,
15 MINUTES



MAKES:
64 BUÑUELOS

INGREDIENTS:

Buñuelos:

1 ½ cup All-purpose flour, made from U.S. grown wheat
1 ½ teaspoon Baking powder
½ teaspoon Salt
¼ cup U.S. grown soybean shortening, cut into ½-inch pieces and chilled
1 large Egg, beaten
1 teaspoon Vanilla extract
1 cup Water
6 cups U.S. grown soybean oil for frying

Rum Syrup:

4 oz. cup Piloncillo or 1/2 cup dark brown sugar, packed
1/2 cup Water
1 Cinnamon stick
1 Star anise or 1 1/2 teaspoons anise seed
2 tablespoons Dark rum

INSTRUCTIONS:

Combine flour, baking powder and salt in a large bowl. Rub in soybean shortening until crumbly. Mix in egg and vanilla. Gradually add the water, kneading until a smooth but sticky dough forms. Add a tablespoon more flour if the dough too sticky to handle. Cover and let rest 15 minutes.

Divide the dough into roughly 64 one-inch pieces and roll into balls using your hands. Using a rolling pin, press each ball into a 2-3 inch round, thin enough to be translucent. Preheat 6 cups of soybean oil to 350°F in a heavy frying pan or small deep fryer.

While the oil is heating, combine the piloncillo/brown sugar, water, cinnamon stick and star anise in a small sauce pan and heat on medium heat until sugar has dissolved. Strain syrup, discard cinnamon and anise seeds and stir in the rum.

Fry buñuelos about 6 at a time for 30-60 seconds on each side until golden brown. Repeat with remaining buñuelos. Transfer to paper towel lined sheet pans and sprinkle with the granulated sugar. Drizzle with the warm rum syrup before serving.

NUTRITION PER SERVING:

| Calories | Protein | Carbohydrate | Fiber | Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium |
|----------|---------|--------------|-------|-----|----------|-----------|-------------|--------|
| 160 | 2g | 24g | 5g | 8g | 1g | 0g | 0mg | 0mg |



USB's 78 farmer-directors work on behalf of all U.S. soybean farmers to achieve maximum value for their soy checkoff investments. These volunteers invest and leverage checkoff funds in programs and partnerships to drive soybean innovation beyond the bushel and increase preference for U.S. soy. That preference is based on U.S. soybean meal and oil quality and the sustainability of U.S. soybean farmers. As stipulated in the federal Soybean Promotion, Research and Consumer Information Act, the USDA Agricultural Marketing Service has oversight responsibilities for USB and the soy checkoff.

For more information on the United Soybean Board, visit UnitedSoybean.org or SoyConnection.com.

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