



Soy Protein is Plant Protein: How to Enjoy Soy Throughout the Day

A chef dietitian's favorite ways to enjoy soy protein

By Chef Michelle Dudash, RDN

Plant protein is *hot*. According to 757 registered dietitians recently surveyed, plant-based is the third most popular diet predicted for 2023,¹ preceded by intermittent fasting and keto diets. When seeking a plant-based diet, however, where can one go for high-quality plant proteins spanning breakfast, lunch, and dinner? Glad you asked.

Consider incorporating soy protein into your meals, which adds [fiber and iron](#) while being predominantly composed of unsaturated fat.² Get started with these sources of soy protein at your meal occasions and [click here](#) for a variety of recipes to help get your started.

Breakfasts with Soy Protein

Soy Yogurt

Keep soy yogurt cups in your fridge for a quick and nutritious breakfast packed with 5.25 grams protein³ per 5.3 oz cup. Top soy yogurt with fresh fruit and nuts, seeds, or granola before running out the door or hopping on your morning call.

Soy milk

Non-dairy milks have made the top 10 list of Superfoods of 2023, according to dietitians. If you're opting for a non-dairy milk, you may as well choose one with plant protein, right? Soymilk offers 6 grams protein⁴ in every 8-ounce creamy serving.

Fortified soymilk is an allergy-friendly alternative to those with a dairy allergy. Add soymilk to your favorite breakfast drinks, like soy lattes (which foams great), power oatmeal (swap water with soymilk), and fruit smoothies.

Lunches with Soy Protein

Edamame

Sprinkling edamame into salads, lunch bowls, and soups adds a creamy texture, fiber,⁵ and protein. One-quarter cup of frozen, prepared, edamame contains 2 grams fiber and 4.5 grams protein.

Edamame salad pairs deliciously with pumpkin seeds, lemon, avocado, dried cranberries, soy sauce, carrots, diced roasted chicken, ginger, mint, onions, quinoa, scallions, mushrooms, dried tart cherries, and more!

Edamame adds protein and pop to soba noodle and ramen bowls. And it's easy to sprinkle edamame into your favorite minestrone soup for added protein.

Edamame hummus is a welcome deviation from traditional hummus. It's commercially available at well-stocked grocery stores, plus is a fun way to brighten your lunchtime wrap. Or make homemade edamame hummus with a trusted [recipe](#).

Dinners with Soy Protein

Tofu

Tofu comes in all sorts of shapes and consistencies, from custard-like to springy, curdy blocks. If you're looking for plant protein with a meaty texture, try extra-firm tofu, which offers 7 grams protein⁶ per 3 ounces (1/4 block).

Extra-firm tofu serves as a versatile plant protein in a variety of dishes, including stir fries, stews, hot sandwiches, and sheet-pan dinners. Crispy baked tofu croutons add crunch to salads.

To make crave-worthy baked tofu squares, marinate tofu with soy sauce and sesame oil and bake on a sheet pan. Sprinkle with sliced scallions. Tofu squares can be snacked on as-is or paired with vegetables and grains to round out the meal.

As you can see, the options are endless, simple, and versatile for incorporating nutritious soy protein into meals throughout the day. Keep these essential soy proteins on hand for plant-based meals at the ready. [Click here](#) to find soy-based recipes for the whole family to enjoy.

References

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