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Cool Soyfoods Recipe Ideas for Summer

Ankeny, Iowa, May 16, 2023—Soyfoods suit active summer lifestyles. Soy offers high-quality plant protein that can create everything from packable snacks to chilled soups and no-bake desserts. Convenient ingredients like shelf-stable silken tofu can be blended with Ranch salad dressing mix for a quick vegetable dip. Start with a package of salad dressing mix; add a cup of soymilk, a half cup each of silken tofu and plain Greek yogurt, and a splash of white vinegar. One cup of soymilk provides 7 to 8 grams of protein, while one cup of silken tofu offers approximately 8 grams of protein. One quarter-cup serving of soynuts adds about 15 grams of protein. The Soyfoods Council shares the following recipes to streamline your busy summer.

Tempting Trail Mix is simple to make and hard to resist. In a bowl, combine ¼ cup each of soynuts, textured soy protein (also known as TSP/TVP), whole almonds, pecans and walnuts. Add 2/3 cup dried cherries and ½ cup chocolate chips to the mix and stir in 1½ Tablespoons of honey.

Chilled soups like **Silky Gazpacho** are quickly made in a blender or food processor. This spin on traditional gazpacho incorporates soft silken tofu that adds protein to the flavors of

garden-fresh vegetables. The soup combines chopped tomatoes (skins removed), chopped English cucumber, seeded red bell pepper, fresh garlic, balsamic glaze, fresh basil leaves and water. Season with salt and pepper to taste.

Dips help you feed a crowd at picnics and backyard barbecues. **Tofu Sun-Dried Tomato Vegetable Dip** complements a variety of fresh vegetables. The base for the dip is silken tofu with cream cheese. It's flavored with ranch seasoning dressing mix, sun-dried tomatoes, garlic powder, dried minced onion.

No-Bake Chocolate Cookies offer a triple whammy of soyfoods: vanilla soymilk, soynut butter and coarsely chopped soynuts. The cookie ingredients include sugar, cocoa powder, rolled oats, a teaspoon of vanilla and one Tablespoon of butter. Bring sugar, cocoa powder, soymilk and butter to a boil; stir in remaining ingredients and remove from heat. Drop the warm mixture by spoonfuls onto waxed paper and chill until firm.

Visit The Soyfoods Council website at www.thesoyfoodscouncil.com for complete recipes. Click on the Digital Cookbooks tab. **Silky Gazpacho** appears in the cookbook *Really Fast, Really Easy, Really Good*. The trail mix, dill dip and no-bake cookies can be found in *Easy Snackable Soy*. The website also offers updates on the latest research about soy and your health, as well as more summery ideas featuring soyfoods.

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About soyfoods and sustainability: *Sustainability is a soy tradition. U. S. soybean farmers have been practicing sustainable agriculture methods for decades. Currently, 95% of U.S. soy growers are committed to sustainable farming practices and partner with the USDA to implement conservation programs. Soyfoods may play a significant role as a source of protein that minimally contributes to greenhouse gas (GHG) emissions in comparison to other protein sources.*

About the Soyfoods Council: *The Soyfoods Council is a non-profit organization, created and funded by Iowa soybean farmers, providing a complete resource to increase awareness of soyfoods, educate and inform media, healthcare professionals, consumers and the retail and foodservice markets about the many benefits of Soyfoods.*