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Create Soups and Salads for Spring with Soyfoods

Ankeny, Iowa, February 20, 2024—With spring just around the corner, it's time to lighten up your eating style. The Soyfoods Council suggests soup and salad recipes that combine fresh, seasonal flavors with a burst of soy protein to help you feel full longer. Soyfoods are cholesterol-free, high-quality plant protein. They provide all the essential amino acids in the amounts needed for health, without the large amount of saturated fat that typically comes with animal sources of protein.

When you're looking for fresh recipe ideas, remember that a serving of extra-firm tofu has more than 7 grams of protein, and a serving of silken tofu provides approximately 4 grams of protein. One cup of soymilk adds 7 grams of protein, and a cup of frozen, prepared edamame offers 18 grams.

Sip your way into spring with soy-rich soups. Asparagus lovers and fans of roasted cauliflower will appreciate easy [Creamy Asparagus Soup with Soymilk](#) and *Roasted Cauliflower Soup with Miso*. The *Creamy Asparagus Soup* is made with steamed asparagus, vegetable or chicken stock, diced onion and celery, soybean oil and unsweetened soymilk. After simmering the soup for 30 to 40 minutes, purée the soup in a blender or food processor. Season to taste with salt, pepper, cayenne pepper and nutmeg.

Roasted Cauliflower Soup with Miso starts with cauliflower florets, roasted in the oven with soybean oil, curry powder and cumin. Miso is fermented soybean paste that adds

umami (savory flavor) to the soup. Two Tablespoons of miso add approximately 2 grams of protein to recipes. The cauliflower soup base is made with diced onion sautéed in soybean oil butter, bay leaf, unsweetened soymilk and 2 Tablespoons of yellow miso. Cook over low heat, and then remove bay leaf before adding roasted cauliflower and blending the mixture until smooth.

Salads make light snacks or one-bowl meals. Easily add protein—and color—to salads by sprinkling in cooked, shelled edamame. The dressing makes the salad special, right? *Creamy Roasted Red Pepper Vinaigrette* and [Charred Green Onion Miso Dressing](#) demonstrate the power of a memorable salad dressing. *Creamy Roasted Red Pepper Vinaigrette* is made in a blender. Ingredients include soft silken tofu, chopped roasted red peppers, minced garlic, freshly squeezed lemon juice, smoked paprika, salt, pepper and soybean oil. Serve over salad greens and edamame with shrimp or other proteins of choice.

Charred Green Onion Miso Dressing starts with silken tofu, mayonnaise, chopped charred green onions and 3 Tablespoons of miso. The dressing is flavored with chopped chives, parsley, dill, garlic cloves, Dijon mustard, rice wine vinegar, paprika, salt and cayenne pepper. Serve with salad greens and tofu cubes or edamame, or drizzle it over one-bowl meals made with noodles or rice.

For recipe details from The Soyfoods Council, visit the website at www.thesoyfoodscouncil.com and download the free digital cookbooks containing these recipes. The website also offers new recipes, cooking tips and updates on soyfoods and your health.

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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.*