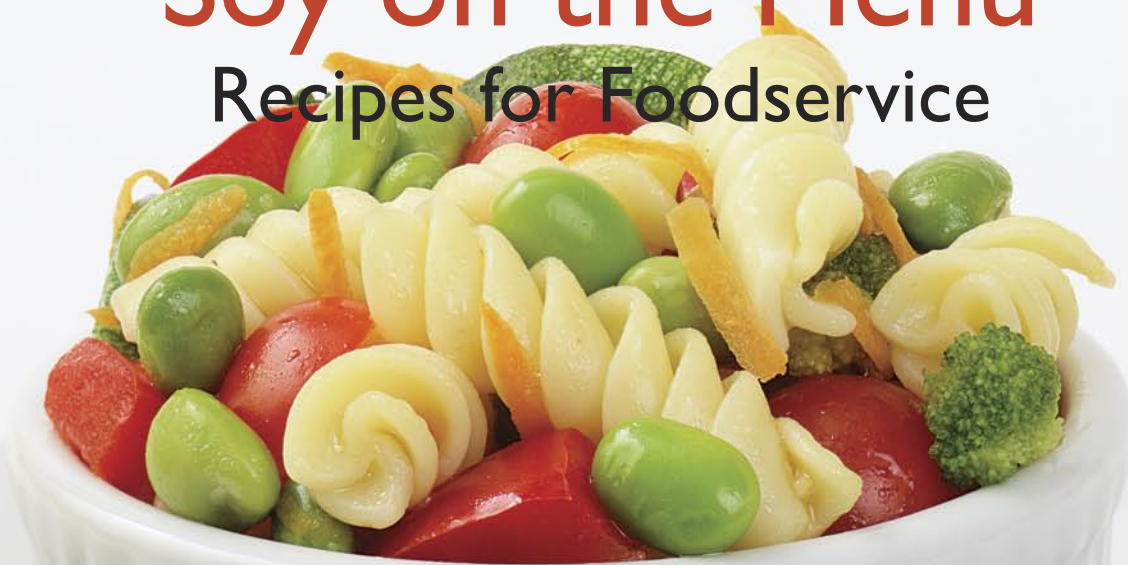


Soy on the Menu

Recipes for Foodservice



Illinois Center for Soy Foods

Soy on the Menu

Recipes for Foodservice

Cheryl L. Sullivan, M.A., R.D.

Research Dietitian

Marilyn Nash, Ph.D.

Project Coordinator

Illinois Center for Soy Foods Management Team

Keith R. Cadwallader, Ph.D.

Director

Barbara P. Klein, Ph.D.

Co-Director

Pradeep Khanna, M.B.A.

Deputy Director

Karl E. Weingartner, Ph.D.

Assistant Director

Project Design Team

Jerry Barrett

Graphic Designer

Carl Davis

Technical Producer

Cover Photo: David Riecks

Illinois Center for Soy Foods



College of Agricultural, Consumer
and Environmental Sciences

170 National Soybean Research Center

1101 W. Peabody Drive

Urbana, IL 61801

Telephone: (217) 244-1706

Fax: (217) 244-1707

Email: soyfoodsillinois@uiuc.edu

Website: <http://www.soyfoodsillinois.uiuc.edu>

Contents

Bringing Soy Foods to the American Table

Soy in Foodservice.....	4
Why Choose Soy?.....	5
Soy Foods	6
Vegetarian and Vegan Recipes	9
Recipe Information	9
Nutrient Information	10
Acknowledgements.....	11

Recipes

Appetizers

Spinach Balls	12
Tasty Tuna Spread.....	13

Breakfast

O'Brien Potato Bake.....	14
Rise and Shine Pancakes.....	15
Streusel Coffeecake	16
Cranberry Lemon Scones.....	17

Breads

Caribbean Coconut Muffins.....	18
Sunshine Lemon Loaf.....	19
Cranberry Orange Bread.....	20
Biscuits.....	21
Cornbread.....	22
Buttery Refrigerator Rolls.....	23

Salads

Italian Pasta Salad	24
Many Bean Salad	25
Confetti Corn Salad.....	26
Tabbouleh.....	27

Soups

Game Day Chili	28
Hearty Vegetable Soup.....	29
BBQ Soup	30

Side Dishes

Green Bean Casserole	31
Spinach Squares	32
Vegetable Curry	33
Barbecue Baked Beans	34

Main Dishes

Italian Meatballs.....	35
Glazed Meatloaf.....	36
Jamaican Jerk Burgers	37
Zippy Veggy Burgers	38
Sloppy Joes	39
Enchiladas	40
Manicotti	41
Pizza Stuffed Peppers	42
Vegetarian Lasagna	43
Baked Italian Radiatore.....	44
Vegetarian Paella.....	45

Desserts

Incredible Brownies.....	46
Oatmeal Raisin Cookies.....	47
Double Chocolate Cookies	48
Yellow Cupcakes.....	49
Creamy Strawberry Squares	50
Pumpkin Bars.....	51
Gingerbread.....	52

Soy in Foodservice

Acceptability of Soy Foods in the Foodservice Sector

Menu items in foodservice must appeal to the customer, or the food will not be offered in the future. Old jokes and stereotypes about soy foods may leave some foodservice directors concerned that soy foods will not sell. But recently the food industry has developed many new and delicious soy foods, and chefs around the country have taken on the challenge of incorporating soy foods into their repertoire with the result that many more soy products and serving ideas are available today than just a few years ago. The Illinois Center for Soy Foods has tested soy foods in familiar American recipes and found that the resulting dishes are tasty and easy to prepare.

Several studies also demonstrate the acceptability of soy foods. Researchers at Southern Illinois University conducted a plate-waste study with preschoolers to compare

soy and traditional foods and found that institutional vendors could substitute soy without sacrificing taste or nutrient value. Their computer-assisted soy menu planning system can be viewed at www.siu.edu/departments/coagr/animal/soymenus/kids. At the University of Illinois another plate-waste study with grade school children also demonstrated that soy foods can be equally acceptable as their traditional counterparts. The report is available at www.soyfoodsillinois.uiuc.edu/iSoy.html.

Demand for vegetarian offerings from teenagers and young adults has caused many university dining halls to offer a variety of soy foods. Colleges around the country are offering dining options that include soymilk, main dishes made with tofu, edamame in the salad bar, and soy nut butter and soy cheese at lunch. Health conscious consumers are eager to find food away from home that will not only be delicious, but will meet their dietary needs as well.

Introducing Soy in a Foodservice Setting

Including soy foods on your menu can be as simple as offering individual soy foods as options – soymilk as a beverage, edamame in a salad bar, or a vegetarian alternative that features tofu. As American palettes are becoming familiar with a wide array of foods and soy foods are becoming increasingly part of the mainstream, there is no reason not to incorporate soy into regular offerings also. Some recipes in this book highlight soy foods, while others incorporate it in an almost unnoticeable fashion. Either way, soy foods can still help improve the nutrient profile of the food you serve.

Ask your distributor about ordering soy products. If you have any questions about finding the right soy product for your needs, contact the Illinois Center for Soy Foods for assistance.



Tuna Spread and Spinach Squares

Elegant Spinach Squares and Tasty Tuna Spread, shown here as appetizer variations.

See recipe for Elegant Spinach Squares on page 32 and for Tasty Tuna Spread on page 13 .



Tasty Tuna Spread

Yield: 24 servings (6 cups)

Portion: 1/4 cup (about 2 oz.)

Ingredients

24 oz. Tofu, silken

6 Tbsp. (3 fl. oz.) Cocktail sauce
2 tsp. Worcestershire sauce
1 tsp. Salt
1/2 tsp. Black pepper
24 oz. Tuna, water-packed, drained
1 cup (3 oz. EP) Green onions, chopped,
white and light green parts only
1 cup (5 oz. EP) Celery, chopped

Optional: Crackers, bread

Method

1 Mash the tofu in a large mixing bowl. Do not purée.

2 Mix the cocktail sauce, Worcestershire sauce, salt, and pepper into the tofu. Add the tuna, green onions, and celery; mix well.

CCP: Refrigerate at 40° F or lower until ready to serve.

3 Serve tuna spread accompanied by crackers, or make sandwiches on thin, crustless bread and cut into triangles.

Notes: Tuna spread may also be served as a luncheon sandwich entrée. Portion 1/2 cup spread per sandwich.

Nutritional Information (per serving): 125 calories, 18 g protein, 6 g carbohydrate, 3 g fat (0.7 g saturated), 0.4 g fiber, 561 mg sodium



Streusal Coffeecake

Streusal Coffeecake

See recipe on page 16.



Streusel Coffeecake

Yield: 24 servings (12" x 18" half sheet pan)

Portion: 1 piece (scant 3 oz.)

Oven: 375° F

Ingredients

Cooking spray, nonstick

1-1/4 cups (10 oz.) Brown sugar, packed
1/3 cup (1.3 oz.) Soy flour
2 Tbsp. Cinnamon
1/3 cup (2.6 oz.) Margarine, melted
1-1/4 cups (5 oz.) Walnuts, finely chopped

1-3/4 cups (12 oz.) Sugar, granulated
2/3 cup (4.7 oz.) Shortening

3 each Eggs
1-1/2 cups (12 fl. oz.) Soymilk
2-1/2 tsp. Vanilla extract

3-1/4 cups (15.7 oz.) Flour, all-purpose
2/3 cup (2.7 oz.) Soy flour
2 Tbsp. Baking powder
1 tsp. Salt

1 cup (4 oz.) Sugar, powdered
2 Tbsp. (1 oz.) Butter, softened
2 Tbsp. (1 fl. oz.) Water
1/4 tsp. Vanilla extract

Method

1

Preheat the oven to 375° F. Coat a 12" x 18" baking pan with cooking spray and set aside.

2

Prepare streusel for filling and topping: Mix the brown sugar, soy flour, and cinnamon in a small bowl. Add the melted margarine and nuts; mix with a fork until well blended. Mixture will be crumbly. Set aside.

3

Cream sugar and shortening together at medium speed until light and fluffy.

4

Blend the eggs, soymilk, and vanilla extract into the sugar/shortening mixture. Beat at medium speed for 2 minutes.

5

Sift together the all-purpose flour, soy flour, baking powder, and salt; add to the creamed mixture. Beat at medium speed until smooth. Batter will be thick.

Spread a thin layer of batter over the bottom of the prepared pan. Sprinkle half the filling mixture over batter, then top with remaining batter, spreading gently to cover filling as completely as possible (small areas where the filling comes through are okay). Sprinkle remaining streusel over top. Bake 25 to 30 minutes, until toothpick inserted in center comes out clean. Cool in pan.

6

Make glaze: Beat together the powdered sugar, softened butter, water, and vanilla extract. Drizzle glaze over cooled coffeecake. Allow glaze to set. Cut coffeecake into a 4 x 6 grid for 24 portions.

Notes: Vegetarian

Nutritional Information (per serving): 334 calories, 5 g protein, 47 g carbohydrate, 15 g fat (3.2 g saturated), 1.9 g fiber, 251 mg sodium



Illinois Center for Soy Foods
www.soyfoodsillinois.uiuc.edu

Streusel Coffeecake **BREAKFAST**

16

Are You Soy Savvy?

Which Answer is Correct?

**Which of the following
is different from the others?**

- a) Edamame
- b) Sweet soybeans
- c) Mature dry soybeans
- d) Fresh green soybeans

Answer—C. Green soybeans picked just before they start to turn yellow are called edamame, sweet soybeans, or fresh green soybeans. They contain all the nutrition and health benefits of dry yellow soybeans, but they cook in 3 to 5 minutes and have a light, fresh taste.

Cornbread

Yield: 24 servings (12" x 18" baking pan)

Portion: 1 piece (about 2.8 oz.)

Oven: 425° F

Ingredients

Cooking spray, nonstick

3 cups (14.6 oz.) Flour, all-purpose
1-1/2 cups (9 oz.) Cornmeal
1-1/2 cups (6 oz.) Soy flour
1/2 cup (3.5 oz.) Sugar, granulated
3 Tbsp. Baking powder
1-1/2 tsp. Salt

3-1/2 cups (28 fl. oz.) Soymilk, plain
3/4 cup (6 oz.) Butter, melted, or vegetable oil
3 each Eggs

Method

1

Preheat the oven to 425° F. Coat a 12" x 18" half-sheet pan with cooking spray.

2

Stir the all-purpose flour, cornmeal, soy flour, sugar, baking powder, and salt together in a mixer bowl.

3

Whisk the soymilk, melted butter, and eggs together. Add to the dry ingredients and mix just until moistened. Pour the batter into the prepared pan.

4

Bake for 20 to 25 minutes, until lightly browned and a toothpick inserted in the center comes out clean. Cut into a 4 x 6 grid to serve.

Notes: Vegetarian

Nutritional Information (per serving): 202 calories, 6 g protein, 26 g carbohydrate, 8 g fat (4.1 g saturated), 2.1 g fiber, 356 mg sodium



Buttery Refrigerator Rolls

Buttery Refrigerator
Rolls, shown here served
with your favorite
chowder

See recipe on page 23.



Buttery Refrigerator Rolls

Yield: 24 servings

Portion: 1 roll (1.7 oz.)

Oven: 350° F

Ingredients

1/2 cup (4 fl. oz.) Water, warm (110° F)
5 tsp. (1/2 oz.) Yeast, active dry, fast rising
pinch Sugar, granulated

1 cup (8 fl. oz.) Soy milk, plain, warm (110° F)
2 cups (10.4 oz.) Bread flour
1/2 cup (2 oz.) Soy flour
6 Tbsp. (3 oz.) Butter, melted
1/4 cup (1.7 oz.) Sugar, granulated
1 tsp. Salt
1 each Egg

2 cups (10.4 oz.) Bread flour

6 Tbsp. (3 oz.) Butter, melted (divided use)

Method

1

Combine the warm water, yeast, and sugar in the bowl of a heavy-duty mixer. Let sit until the mixture becomes foamy, about 5 minutes.

2

Add the warm soy milk, bread flour, soy flour, melted butter, sugar, salt, and egg to the yeast mixture. Use the paddle attachment and mix until the batter is smooth.

3

Attach the dough hook. Keeping the mixer at low speed, add 2 cups bread flour, 1/4 cup at a time; mix thoroughly after each addition. Once all the flour has been added, increase the speed and knead the dough in the machine for about 3 minutes, until smooth.

4

While the machine kneads the dough, spread 1/4 cup melted butter over the bottom of a 9" x 13" baking dish. When the dough is ready, remove it from the machine and divide into 24 equal pieces, about 1.7 oz. each. Place the balls, spaced evenly, in the prepared pan. Brush the remaining 2 Tbsp. melted butter over the top of the rolls. Cover and let the rolls rise in the refrigerator overnight, up to 24 hours.

5

Remove the rolls from the refrigerator and let them sit at room temperature for half an hour while the oven preheats to 350° F. When the oven is ready, uncover the rolls and bake for 30 to 35 minutes, until golden. Cut or tear rolls apart to serve.

Notes: Vegetarian

Nutritional Information (per serving): 157 calories, 4 g protein, 20 g carbohydrate, 7 g fat (3.8 g saturated), 0.8 g fiber, 146 mg sodium



Illinois Center for Soy Foods
www.soyfoodsillinois.uiuc.edu

Buttery Refrigerator Rolls

BREADS

23

Italian Pasta Salad

Italian Pasta Salad, shown here with edamame in the pods.

See recipe on page 24





A Publication of the

Illinois Center for Soy Foods

College of Agricultural, Consumer and Environmental Sciences
University of Illinois at Urbana-Champaign

ISBN 1-883097-58-4