

10<sup>TH</sup> EDITION

*The* **JOY** *of* **SOY**

**COOKING WITH HEART HEALTHY SOY**

SoyConnection  
By U.S. Soy

# S OY

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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A man with short brown hair, wearing a grey crew-neck sweater, is holding a clear plastic bottle of yellow soybean oil with a blue cap. He is looking at the bottle with a neutral expression. The background shows a kitchen with white shelves holding various jars and containers, and a wooden countertop with a basket of fruit.

## 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."<sup>1</sup>

*"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-linolenic acid (ALA) omega-3's; the ALA found in soybean oil is the principal source of omega-3s in the U.S. diet.<sup>2,3</sup> It is also one of the few non-fish sources of omega-3 polyunsaturated fatty acids.<sup>4,5</sup> Omega-3s affect cardiovascular health and may reduce blood pressure.<sup>6</sup>

\*Qualified products have a minimum of 5 grams of soybean oil per reference amount customarily consumed.<sup>1</sup>

\*\*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.me/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.*

## 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

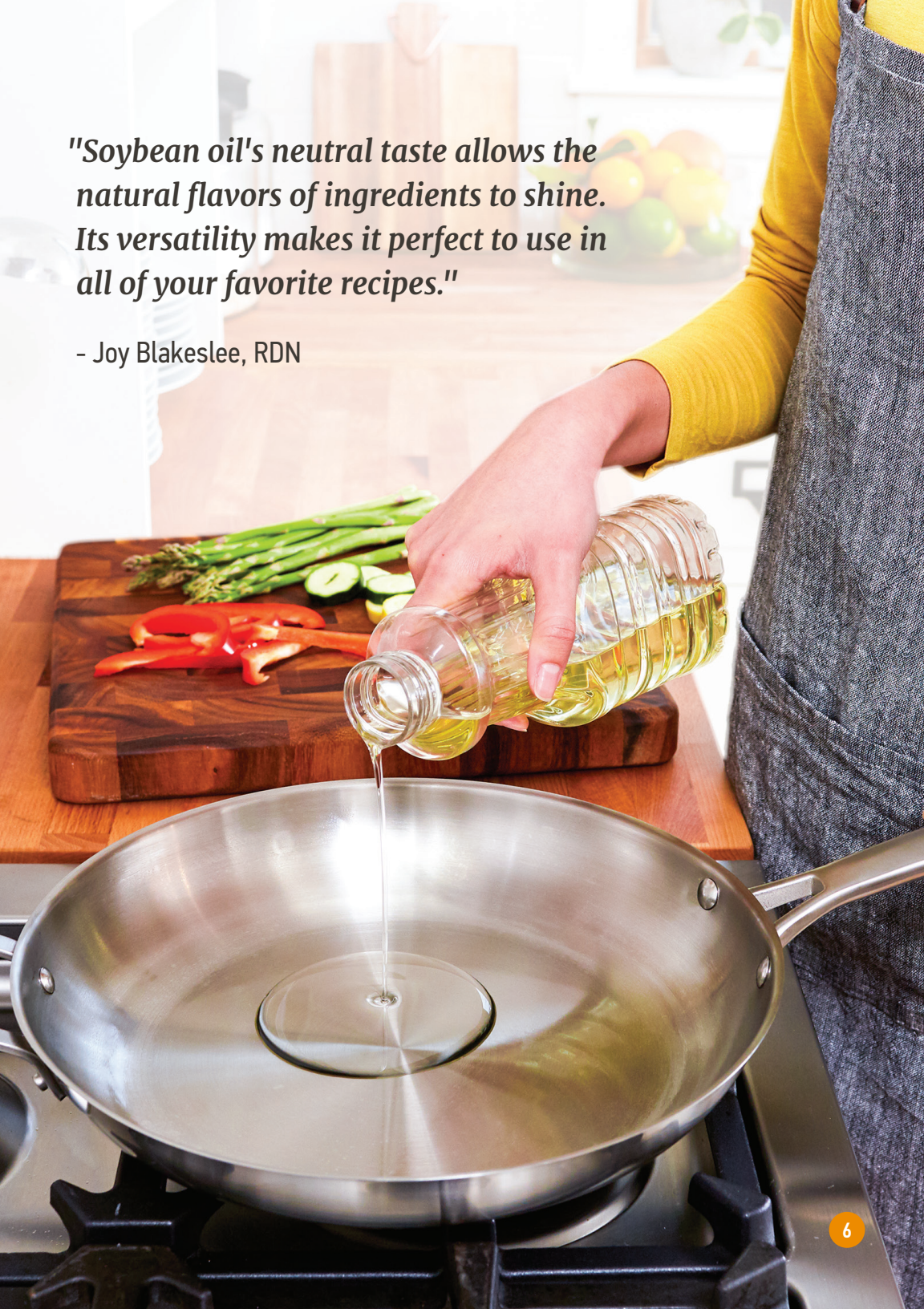
- Substitute soybean oil for solid fat in quick bread, cake and muffin recipes (see conversion chart below)


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

*"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



A close-up photograph of several green soybean pods hanging from a stem. The pods are covered in fine hairs and are set against a blurred green background. The lighting is bright, highlighting the texture of the pods.

# 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.**

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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.



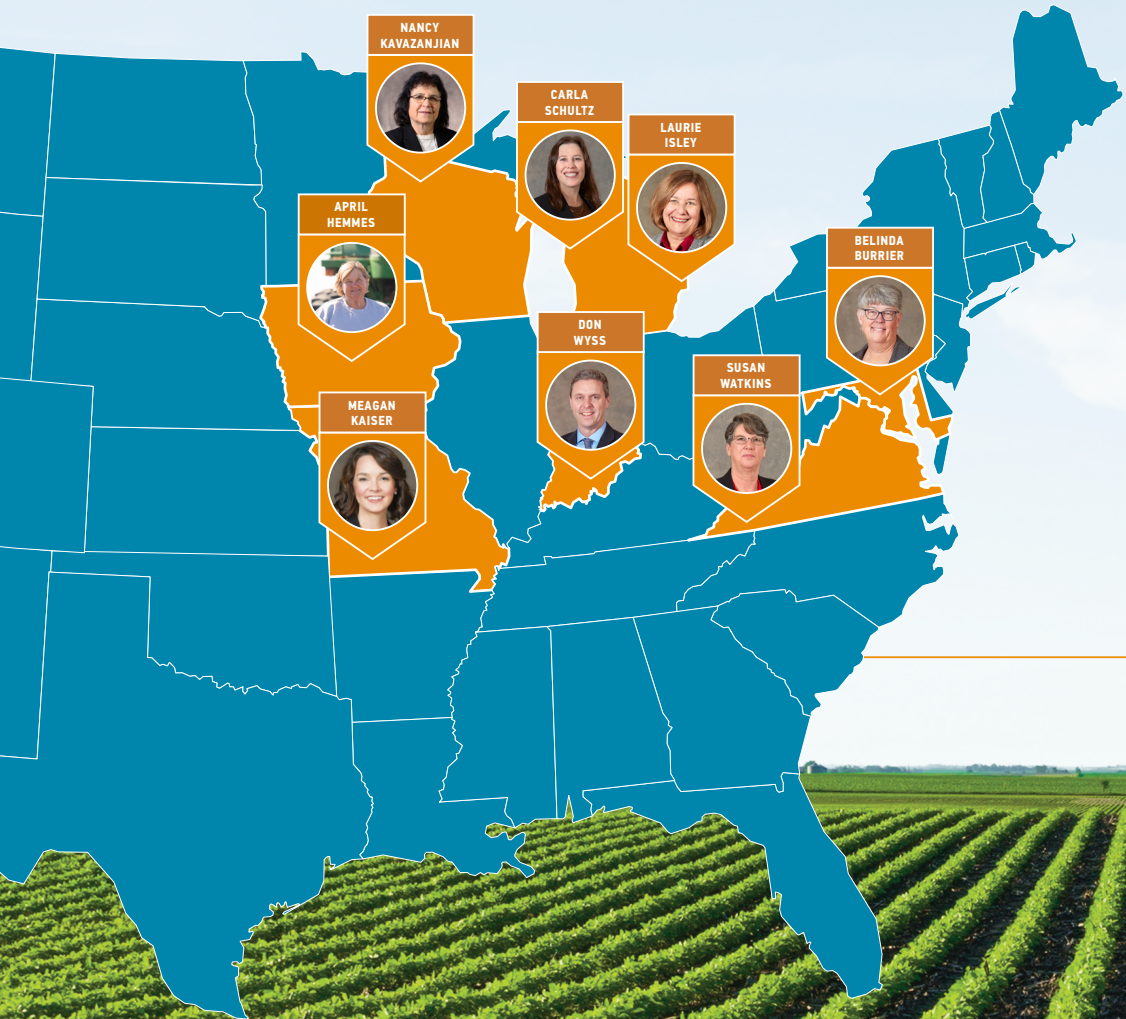
# NUTRITIONAL CONTENT OF COMMON SOYFOODS

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.





**DON  
WYSS**

3<sup>rd</sup> Generation  
Farmer

2,000 Acres

Don Wyss has been a board member for the United Soybean Board for the past three years. He has been a commercial manager in Decatur, Indiana, Delphos, Ohio and Bellevue, Ohio for the past 19 years.



# 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:

<b>Calories</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fiber</b>	<b>Fat</b>
200	9g	18g	2g	11g
<b>Sat. Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	
4g	0g	120mg	450mg	



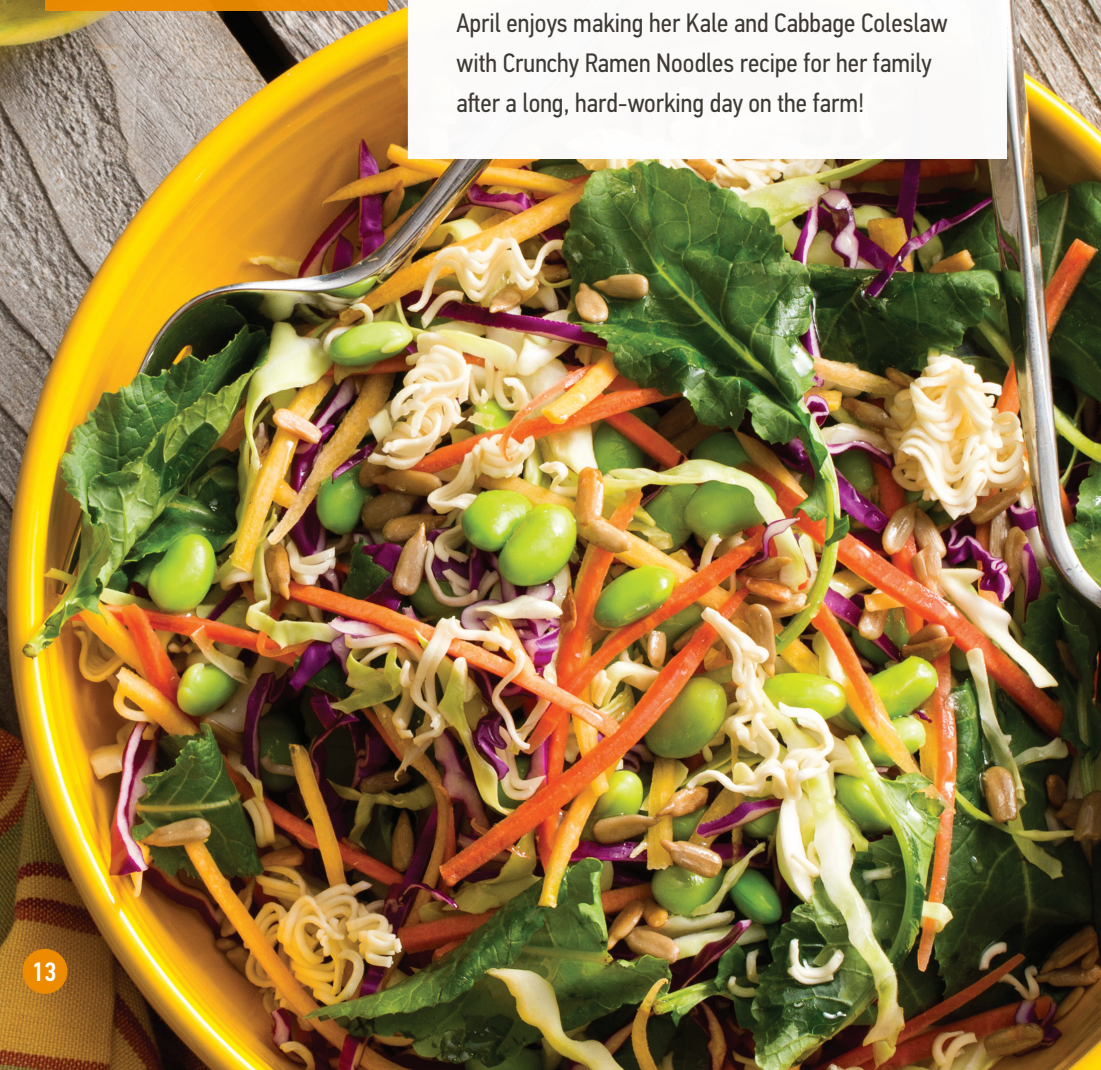
**APRIL  
HEMMES**

4<sup>th</sup> 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:

<b>Calories</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fiber</b>	<b>Fat</b>
200	4g	17g	1g	11g
<b>Sat. Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	
2g	0g	10mg	150mg	



**SUSAN  
WATKINS**

7<sup>th</sup> Generation  
Farmer

3,500 Acres

Susan Watkins grows soybeans, corn and wheat with her husband, Maxwell, and son, Cody, in Sutherland, Virginia. In addition, Susan helps manage her family's outdoor products store. Susan says farming comes with many rewards, including more time with family and the freedom to be outside. Her diverse knowledge of business and agriculture, paired with her hands-on farm experience, has prepared her for the challenging duties of serving as a farmer-leader on the United Soybean Board. This is Susan's second year on the board.





# ORCHARD-FRESH APPLE COBLER



**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.

► **Note:** Wash utensils, equipment, and work areas with hot, soapy water before and after contact with eggs and don't keep eggs out of the refrigerator more than 2 hours. Raw eggs and other ingredients, combined according to recipe directions, should be cooked immediately or refrigerated and cooked within 24 hours. Serve cooked eggs and dishes containing eggs immediately after cooking, or place in shallow containers for quick cooling and refrigerate at once for later use. Use within 3 to 4 days. Dishes containing eggs should also be cooked to a safe minimum internal temperature of 160 °F. Use a food thermometer to be sure.

## 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**

5<sup>th</sup> 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

## 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:

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

### 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.

► **Note:** Wash utensils, equipment, and work areas with hot, soapy water before and after contact with eggs and don't keep eggs out of the refrigerator more than 2 hours. Raw eggs and other ingredients, combined according to recipe directions, should be cooked immediately or refrigerated and cooked within 24 hours. Serve cooked eggs and dishes containing eggs immediately after cooking, or place in shallow containers for quick cooling and refrigerate at once for later use. Use within 3 to 4 days. Dishes containing eggs should also be cooked to a safe minimum internal temperature of 160 °F. Use a food thermometer to be sure.

## NUTRITION PER SERVING:

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



**CARLA  
SCHULTZ**

3<sup>rd</sup> Generation  
Farmer

1,000 Acres

Carla Schultz, along with her husband, four children, and parents, owns and operates Eight Plates Farm, in Mayville, Michigan. Eight Plates employs practices like rotational grazing to ensure its corn, soybeans, wheat, edible beans, cattle, hogs, and chickens are raised sustainably. As a grower of both soybeans and soy-fed pork and an active presence on social media and in local markets, Schultz offers unique insight into how U.S. farmers can meet the demand for sustainable food.



# 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:

<b>Calories</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fiber</b>	<b>Fat</b>
290	12g	35g	1g	12g
<b>Sat. Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	
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.

► **Note:** After purchasing, take beef home immediately and refrigerate it at 40 °F (4.4 °C); use within 3 to 5 days—1 or 2 days for ground beef and variety meats such as liver, kidneys, tripe, sweetbreads, or tongue—or at freeze at 0 °F (-17.8 °C). If kept frozen continuously, it will be safe indefinitely. The minimum internal temperature for the stake should be 145 °F (62.8 °C) and the rest time is at least 3 minutes.

## NUTRITION PER SERVING:

<b>Calories</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fiber</b>	<b>Fat</b>
420	37g	13g	5g	24g
<b>Sat. Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	
5g	0g	55mg	290mg	



**NANCY  
KAVAZANJIAN**

4<sup>th</sup> Generation  
Farmer

2,000 Acres

Nancy Kavazanjian has been a farmer at Hammer & Kavazanjian Farms for the past 43 years. She is also on the United Soybean Board. She earned a bachelor's in agriculture from Colorado State University and a business administration degree from the Quinlan School of Business at Loyola University Chicago.





# 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.



**BELINDA  
BURRIER**

3<sup>rd</sup> 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  
¼ 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.

► **Note:** At home, immediately place chicken in a refrigerator that maintains a temperature of 40°F or below. Use it within 1 or 2 days, or freeze it at 0 °F. If kept frozen continuously, it will be safe indefinitely. The quality of the poultry may diminish the longer it is frozen.

When handling chicken, ensure that you wash hands and surfaces often. Separate raw meats and poultry from other foods. The minimum internal temperature for the chicken should be 165 °F (73.9 °C).

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.

► **Note:** 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.

# 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:

<b>Calories</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fiber</b>	<b>Fat</b>
90	4g	5g	2g	3g
<b>Sat. Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	
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 sopes 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 sopos 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 sopos 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 sopos 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  
¼ cup U.S. grown soybean oil  
3 tablespoons Lemon juice

2 teaspoons Garlic, chopped  
¾ teaspoons Ground cumin  
½ 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

¼ cup Green onion tops, sliced

½ cup fresh Cilantro leaves, packed

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

1 tablespoon Balsamic vinegar

6 sprigs fresh Rosemary, 2-inches long

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

# SOUPS



# TOMATO & ROASTED PEPPER SOUP



**PREP TIME:**  
10 MINUTES



**COOK TIME:**  
35 MINUTES



**TOTAL TIME:**  
45 MINUTES



**MAKES:**  
6 SERVINGS

## INGREDIENTS:

1 tablespoon U.S. grown soybean oil

1 small Onion, diced

1 clove Garlic, chopped

1 can Tomatoes, peeled and unsalted

½ cup Red peppers, roasted and chopped

¼ cup fresh Basil leaves, packed

2 cups Low-sodium vegetable or chicken broth

2 cups Plain soymilk

1 teaspoon Salt and pepper to taste

## 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:

<b>Calories</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fiber</b>	<b>Fat</b>
130	5g	19g	4g	3.5g
<b>Sat. Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	
.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

# SALADS



# ROASTED BEET AND FRESH GOAT CHEESE SALAD



**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:

<b>Calories</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fiber</b>	<b>Fat</b>
180	5g	10g	2g	14g
<b>Sat. Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	
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

# ENTRÉES



# SWEET AND SPICY GRILLED TOFU BURGER



**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:

<b>Calories</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fiber</b>	<b>Fat</b>
300	18g	30g	0g	12g
<b>Sat. Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	
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:

½ cup Red wine vinegar, divided  
4 tablespoons U.S. grown soybean oil, divided  
½ 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  
¼ teaspoon Salt to taste  
¼ teaspoon Pepper to taste

### INSTRUCTIONS:

Purée ¼ 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:

<b>Calories</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fiber</b>	<b>Fat</b>
330	3g	48g	0g	14g
<b>Sat. Fat</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	
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.

► **Note:** Wash utensils, equipment, and work areas with hot, soapy water before and after contact with eggs. Don't keep eggs out of the refrigerator more than 2 hours. Raw eggs and other ingredients, combined according to recipe directions, should be cooked immediately or refrigerated and cooked within 24 hours. Serve cooked eggs and dishes containing eggs immediately after cooking, or place in shallow containers for quick cooling and refrigerate at once for later use. Use within 3 to 4 days. Dishes containing eggs should also be cooked to a safe minimum internal temperature of 160 °F. Use a food thermometer to be sure.

## 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 77 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](http://UnitedSoybean.org) or [SoyConnection.com](http://SoyConnection.com).