



Foodservice East Recipe Card

For more recipes, please visit www.foodserviceeast.com

RECIPE: Soy Recipes

CREATED BY: SoyFood Council

Thousand Island Dressing:

12 oz silken tofu, drained
¼ cup water
2 tablespoons of white vinegar
1 tablespoon lemon juice
6 tablespoons chili powder
2 tablespoons chopped sweet pickles
¼ cup chopped green pepper
2 tablespoons chopped green onion.

After combining the tofu, water, vinegar, lemon juice and chili sauce in a blender, stir in the pickles, green peppers and onions. For ¼ cup, there are 50 calories, 3 grams of soy protein and 7 grams of carbohydrates as opposed to regular Thousand Island that has 59 calories per tablespoon or 236 calories in a ¼ cup.

Finally, here's a healthy alternative for a Caesar dressing. This is what you'll need;

Caesar Dressing:

3 garlic cloves, preferably large
1 teaspoon Dijon mustard
1 ¼ cups cubed firm silken tofu
¼ cup lemon juice (about 1 lemon)
½ teaspoon salt
¾ cup extra-virgin olive oil
Freshly ground pepper to taste

Combine all ingredients. There are 17 calories per serving, 1.4 grams protein, 1.6 total carbohydrates and .4 grams of fiber.

The word “salad” is not exclusive to lettuce topped with veggies. There are also various bean and pasta salads, and this Mexican Black Bean and Corn Salad is sure to spice up any fiesta. Here’s what you’ll need:

Mexican Black Bean and Corn Salad:

2 cans (15 oz.) black soybeans, drained and rinsed
2 cups frozen corn kernels, thawed
1 large red pepper, chopped
1/2 cup chopped red onion
1 cup chopped green onions
1 jalapeno pepper, minced
2 tomatoes, chopped
2/3 cup chopped cilantro, optional
Juice from 2 limes (about ¼ cup)
1 ½ teaspoon minced garlic
1 ½ teaspoon cumin
1 teaspoon salt
1 tablespoon soybean oil

Combine the first eight ingredients in a large bowl. Make dressing with lime juice, garlic, cumin, salt and soybean oil; combine well. Pour over salad ingredients and toss lightly to combine. Chill several hours before serving.

This recipe makes about 8 cups with 117 calories per serving, 8 grams protein (6 grams soy protein), 16 grams carbohydrates, 3 grams fat, 0 mg cholesterol, 340 mg sodium, 40 mg calcium and 5 g dietary fiber.