

# Charlene's Recipes - March 2020

## Bake and Take Month

### Soy Frito Cookies

- 4 cups corn chips
- 1 cup soynuts, roasted and salted
- 1/2 cup sugar
- 1/2 cup light corn syrup
- 1/2 cup soy nut butter or spread

Mix corn chips and soynuts in large bowl. Combine sugar and corn syrup in sauce pan bring to a boil. Remove saucepan from burner; stir in soybean butter until melted and well mixed. Immediately add to corn chip and soynut mixture; stir until well-coated. Place mixture into a greased 9x13-inch pan. Cool slightly and shape into cookies. Makes 2 dozen.

*Nutritional Information per serving: (27g) Calories 119; Total Fat 44g (1g sat fat); Cholesterol 0 mg; Sodium 64 mg; Total Carbs 16 g; Protein 3g; Fiber 1 g*  
Kansas State Fair Invent a Heart-Healthy Food Recipe Contest- Joyce Conard

### Blueberry Lemon Coffecake

- 2 cups soy flour blend
- 1 cup granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 teaspoons grated lemon zest
- 1/2 cup margarine
- 2 eggs
- 1 cup soy beverage
- 2 tablespoons fresh lemon juice
- 1 teaspoon vanilla
- 2 cups fresh blueberries
- 1/3 cup packed brown sugar
- 1/3 cup soy flour blend
- 2 tablespoons margarine
- 1 teaspoon cinnamon
- 1/3 cup slivered almonds, coarsely chopped

Fortified soymilk is a good source of isoflavones and also contains calcium, vitamin D and protein which offer additional bone health benefits

### Whole Wheat Banana Bread

- 1 cup granulated sugar
- 1/2 cup margarine, melted
- 2 eggs
- 1 cup mashed ripe bananas
- 1 cup soy flour blend
- 1 cup white whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup soy beverage
- 1/2 cup chopped pecans

Combine in large bowl sugar, margarine, eggs and banana. Combine in medium bowl soy flour blend, white whole wheat flour, baking soda and salt. Add dry ingredients alternately to banana mixture with soy beverage. Stir in chopped pecans. Pour batter into greased 9x5-inch loaf pan. Bake at 325 degrees for 60-70 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes and then remove from pan. Makes one loaf or 8 servings

*Nutritional Information per serving: (127 g) Calories 390; Total Fat 18g (3g sat fat); Cholesterol 47 mg; Sodium 433 mg; Total Carbs 53 g; Protein 7g; Fiber 3 g*

Combine in large bowl soy flour blend, sugar, baking powder, salt and grated lemon zest. Add 1/2 cup margarine and cut in with pastry blender or fork to make coarse crumbs.

Combine in medium bowl eggs, soy beverage, lemon juice and vanilla. Add to flour mixture and stir just until moistened. Pour batter into greased 9-inch square baking dish. Cover batter with blueberries. Combine brown sugar, 1/3 cup soy flour blend, 2 tablespoons margarine and cinnamon for streusel topping. Sprinkle mixture on top of blueberries. Sprinkle topping with coarsely chopped almonds. Bake at 350 degrees for 50 to 60 minutes or until wooden pick inserted in center comes out clean.

Makes 9 Servings

*Nutritional Information per serving: (157 g) Calories 411; Total Fat 17g (3g sat fat); Cholesterol 41 mg; Sodium 533 mg; Total Carbs 59 g; Protein 7g; Fiber 3 g*

#### Soy Flour Blend

- 7 cups all-purpose flour
- 1 cup soy flour

Combine both flours, and keep in canister to use for any recipe using all-purpose flour as an ingredient.

Kansas Soybean Commission  
877-KS-SOYBEAN (877-577-6923)  
[www.KansasSoybeans.org](http://www.KansasSoybeans.org)



# Soyfoods Basics

- Soybeans arrived in Europe and North America in the 1700s. Today, more than 70 million acres of U.S. farmland are planted with soybeans.
- Soybeans belong to the legume family and are native to East Asia.
- As soybeans mature in the pod, they ripen into a hard, dry bean.
- Green soybeans (edamame) are harvested at 80% maturity. Edamame soybeans are a special variety and are bigger and sweeter than traditional soybeans grown in the fields by most Kansas farmers.
- Soybeans can be purchased as dry whole soybeans, canned yellow or black soybeans, and green (fresh or frozen) and shelled in the pod.

## Soyfood Protein Guide

¼ cup roasted plain soybeans- 15 grams soy protein

½ cup yellow soybeans, cooked- 14 grams soy protein

½ cup edamame soybeans, cooked- 11 grams soy protein

½ cup black soybeans, cooked- 9 grams soy protein

- ¼ cup soynuts provides almost half of the soy protein requirements for one day.
- Soybean oil is cardio-protective because it's high in polyunsaturated fat and low in saturated fat.
- Roasted soynuts are whole soybeans that have been soaked in water and then baked until browned.
- Soy flour is 50 percent protein.
- Soy sour cream is made from soymilk. Soybeans are soaked, ground fine and strained to produce soymilk.
- Soymilk is calcium-rich and lactose and cholesterol free.
- Most soyfoods contain no cholesterol, little or no saturated fat, high quality protein, and dietary fiber.