

# Healthful Substitutions with Soy

## Why Substitute With Soy?

- Soy foods offer fewer calories, fat, saturated fat and cholesterol than animal proteins.
- For those with food allergies and intolerances, soy foods provide great options to enjoy similar foods.
- Many soy protein foods (soy nuts, canned soybeans, TSP, tofu and soymilk packaged in shelf-stable packages) are easy to keep in the pantry for quick and easy meals.
- Using soy foods often boost the nutrition beyond saving calories by offering fiber, vitamins and minerals and health-benefitting phytochemicals.
- Soy foods can also be an economical source of protein – textured soy protein (TSP) will rehydrate to double its dry volume!

### *Substituting soy foods for other common foods can make a big nutrition difference!*

**Tofu** - Purée silken tofu to replace heavy cream, cream cheese, mayonnaise, or sour cream in many recipes like dips, desserts and sauces:

	Soft silken tofu, 12.3 oz.	Mayonnaise, 1 cup	Heavy cream, 1 cup	Cream cheese, 8 oz.	Sour cream, 1 cup
Calories	192	1,583	821	792	492
Protein (g)	17	2	5	17	7
Fat (g)	9	175	88	79	48
Saturated fat (g)	1	19.0	55	50	30
Carbohydrate (g)	10	6	7	6	10

**Soymilk** - Substitute cow's milk with soymilk in your favorite recipes:

	Unsweetened soymilk, vitamin fortified 1 cup	Plain soy-milk, vitamin fortified 1 cup	Plain light soymilk, vitamin fortified 1 cup	Whole cow's milk 1 cup	2% cow's milk, 1 cup	Skim cow's milk 1 cup
Calories	80	100	70	150	120	90
Protein (g)	7	7	6	8	8	9
Fat (g)	4	4	2	8	5	0
Saturated fat (g)	0.5	0.5	0	5	3	0
Carbohydrate (g)	4	8	8	12	12	12
Dietary Fiber (g)	1	1	1	0	0	0
Calcium (mg)	300	300	300	300	300	300

# Healthful Substitutions with Soy

**Soy “Meat”** - Replace all or part of the ground meat in recipes with soy foods:

	Textured soy protein granules, dry 1/4 cup	Mature yellow soybeans, cooked 1/2 cup	Textured soy burger crumbles, 2 oz.	Ground beef, 80% lean 2 oz.
Calories	80	149	60	154
Protein (g)	12	14	13	15
Fat (g)	0	7	0.5	10
Saturated fat (g)	0	1	0.5	4
Carbohydrate	7	9	6	0

## Simple Substitution Recipes

### *Spinach Dip*

6 oz (1/2 package) firm silken tofu  
8 oz light sour cream  
1 envelope dry vegetable soup mix  
1 package (10oz) frozen chopped spinach, thawed & squeezed dry  
1 can (8oz) sliced water chestnuts, drained and chopped

- Put the tofu and sour cream in a blender and blend until smooth. Pour into a mixing bowl and stir in the soup mix, spinach and water chestnuts. Refrigerate at least 2 hours to allow dip to firm up and flavors to blend.
- Serve with whole wheat pita chips, bread cubes, or vegetables as dippers. This is also a good sandwich spread.

Note: This recipe replaces the traditional mayonnaise with tofu and saves almost 100 calories per serving for the dip alone.

Makes 3 cups.

Per serving (1/4 cup): 56 Calories, 4 g Protein, 6 g Carbohydrate, 2 g Fat

*Traditional Spinach Dip*: 152 Calories, 2 g Protein, 13 g Carbohydrate, 11 g Fat

# Healthful Substitutions with Soy

## **Taco Pizza Appetizer**

### **For the Crust:**

Unroll and press 2 packages reduced-fat “crescent” rolls onto a cookie sheet, press edges together and bake at 350 for 10-15 minutes. Remove and cool.

### **Combine and spread over cooled crust:**

8 oz reduced-fat cream cheese (softened)

1 (12 oz) block of silken tofu

1/2 packet taco seasoning blend

Hot sauce to taste

### **Layer the pizza toppings over the cream cheese layer:**

2 cup shredded lettuce

2 cup diced tomato

2 cup shredded reduced-fat cheddar cheese

1 cup textured soy protein granules rehydrated in 3/4 cup water and 1/2 packet taco seasoning (rehydrated in the microwave on high for 1 minute)

1 cup medium salsa

- Cut into serving pieces—serves about 20

Nutrition Facts per Serving: 80 calories, 6 g Protein, 6 g Carbohydrate, 3.5 g Fat

Note: Compared to a typical Taco Pizza made with mayonnaise and ground beef we save 140 Kcal and 15g fat per serving!

*The National Soybean Research Laboratory, located at the University of Illinois, promotes soybean research, education and outreach in the areas of production, nutrition and international development. Visit our website for more information and recipe ideas: [www.nsrll.illinois.edu](http://www.nsrll.illinois.edu) at the Nutrition tab.*

We work hand-in-hand with industry stakeholders including USDA, Illinois Soybean Association, American Soybean Association, United States Soybean Export Council, United Soybean Board, North Central Soybean Research Consortium and the State of Illinois. We also work with many private firms, government agencies and non-government agencies to find ways to incorporate soy and minimize malnutrition, improve economic development of an area and encourage sustainable value chains.