

Tempeh Fajitas

Serving Size: 4

2 tablespoons tamari soy sauce
2 tablespoons ketchup
4 tablespoons water
1/4 teaspoon garlic powder
1/2 teaspoon cumin
1/2 teaspoon coriander
8 ounces tempeh, cut into 1/4-inch strips
1 tablespoon vegetable oil
1 medium yellow onion, sliced
1 green or red bell pepper, sliced
4 tortillas, warmed

Combine tamari, ketchup, water, garlic powder, cumin and coriander to create a marinade. Place tempeh strips in a shallow dish, pour marinade over tempeh and marinate at least 30 minutes in the refrigerator. Heat oil in a large skillet. Place tempeh strips carefully in the hot skillet and cook about 5 minutes on each side. Add onion and peppers, lower heat and stir-fry until onion and peppers are soft. Lay strips of tempeh, onion and peppers in warm tortillas. Drizzle with salsa and add lettuce, tomatoes, cheese and sour cream if desired.



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TEMPEH NUTRITIONAL INFORMATION

Nutrients in one serving of tempeh (2.6 oz.)

| | |
|---------------|-------|
| Calories | 180 |
| Protein | 16 g |
| Fat | 8 g |
| Carbohydrates | 12 g |
| Cholesterol | 0 |
| Sodium | 10 mg |

TOFU NUTRITIONAL INFORMATION

Nutrients in one serving of tofu (3.2 oz.)

| | Traditional firm | Water-pack soft | Silken firm |
|-------------------|------------------|-----------------|-------------|
| Calories | 110 | 86 | 72 |
| Protein (g) | 11 | 9 | 6 |
| Carbohydrates (g) | 3 | 3 | 2 |
| Fat (g) | 6 | 5 | 2.4 |
| Saturated fat (g) | 1 | 1 | • |
| Trans fat (mg) | • | • | • |
| Fiber (g) | 1 | • | • |
| Cholesterol | • | • | • |
| Sodium | 5 | 5 | 30 |



ALL ABOUT

Soy Foods

StrongerTogether.coop is a consumer website developed by **National Co+op Grocers (NCG)** for our “virtual chain” of over 140 retail food co-ops, operating more than 190 storefronts, nationwide.

StrongerTogether.coop is a place for people to gather on their food journeys. It's a place to find out more about what's in your food, where it comes from, where to find great food, how to prepare it and a whole lot more.

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Traditional soy foods

like tofu, tempeh, soy milk and miso have been joined by newer entrants into the product mix. Today you will find vegetarian meat substitutes and a wide range of packaged and processed foods that are soy-based, such as salad dressings, snack foods, frozen confections and entrees. This guide outlines some common soy foods you might encounter while shopping at your co-op.

Edamame (or sweet beans) are fresh green soybeans that are often available frozen. Edamame come shelled or in the pod and have a sweet, buttery flavor. Shelled edamame can be used in place of lima beans in most recipes.

Meat substitutes made from soy include vegetarian burgers, hot dogs, sausages, meatballs and deli slices in a wide array of styles and options. These can be found in refrigerated and frozen foods sections.

Miso is a rich, salty condiment made from soybeans that have been cultured and fermented. It is used in many traditional foods in Japan. Sometimes grains are added as well, such as brown rice or barley miso.

Non-dairy products made from soy milk can be used as alternatives to traditional items such as cheese, yogurt, coffee creamer, sour cream, cream cheese and ice cream.

Soybeans are available dried and can be soaked and cooked into soups, sauces and stews. They are high in protein and fiber.

Soy flour is ground from soybeans. It is richer in calcium and iron than wheat flour; it is also gluten-free, high in protein and increases the nutritional value of baked goods. Soy flour can be whole, which contains soy oil, or the beans may have had the oil pressed out first to make low-fat or "de-fatted" soy flour.

Soy milk (or soy beverage) is the rich, creamy milk of whole soybeans. It has a unique, nutty flavor and is high in B-vitamins and protein. Soy milk is often used as a beverage or dairy milk substitute by those who cannot tolerate dairy.

Soy nuts are soybeans that are soaked and then baked until crisp and crunchy. Often flavored with soy sauce, they are a protein-rich snack that is high in fiber.

Soy sauce (shoyu and tamari) "Soy sauce" refers to one of two types: Shoyu is a liquid condiment naturally brewed from soybeans and wheat. It has a light flavor and is traditionally used to season dishes at the end of cooking. Tamari is a naturally-brewed shoyu with a higher soybean content. This gives tamari a stronger, deeper flavor best used at the beginning of the cooking process. Some brands of tamari are wheat-free.

Tempeh is made by cooking split, hulled soybeans and culturing them, then compressing into cakes and fermenting them for 24-hours. Tempeh maintains all of the fiber of the beans and gains some digestive benefits from the enzymes created during the fermentation process. It is an excellent source of nutrients such as calcium, B-vitamins (except B-12) and iron. Tempeh has a nutty, slightly sour flavor before cooking, with a slightly dense but tender texture.

Textured vegetable protein (TVP)

is made from defatted soy flour sold in dry granular form. When rehydrated it can be used as a meat substitute. It has a bland flavor that absorbs seasoning and a spongy, chewy texture.

Tofu (or bean curd) is made from soy milk that has been cultured and pressed into blocks or sheets. There are two types of tofu: silken and traditional (available in soft, firm or extra firm textures). Silken tofu is creamy and can be blended into dips and creamy desserts. Traditional tofu is extremely versatile. Tofu is an excellent source of protein and calcium and a good source of B-vitamins and iron.

Savory Baked Tofu

Serving Size: 4

$\frac{1}{4}$ cup toasted sesame oil
 $\frac{1}{4}$ cup tamari soy sauce
2 tablespoons mirin or dry sherry
2 tablespoons rice or cider vinegar
2 garlic cloves, minced
 $\frac{1}{4}$ cup minced onion
2 teaspoons grated fresh ginger
 $\frac{1}{3}$ cup water
1 pound firm tofu, cut into $\frac{1}{2}$ " slices

Preheat oven to 375°. Combine all ingredients except tofu in a large shallow baking dish. Place tofu slices in dish and then turn them over to expose all sides to the marinade. Bake for about 20 minutes, turn slices, then bake for about 20 more minutes or until liquid is absorbed.

Creamy Banana Berry Shake

Serving Size: 4

12.3-ounce package soft silken tofu
5 ounces fresh or frozen berries
2 ripe bananas
 $\frac{3}{4}$ cup apple juice

Blend all ingredients in a blender until smooth. Serve chilled or topped with granola.

