



Fire

It Up!

This

summer

include

soyfoods

in your next grilled dinner

These days there isn't anything we don't grill – fruit, vegetables, even pizza. So why not soyfoods? Don't worry, we're not asking you to skewer soy nuts or edamame, just to consider soy somewhere in your next grilled meal. Soyfoods takes to outdoor cooking in a lot of ways. Tofu turns into succulent steaks when sliced and rubbed with garlic, salt, cumin and grilled. Tofu "fries" get caramelized and yummy when drenched in soy sauce and grilled until rich and brown. Or consider soy in the sides that accompany burgers and chops. Young green soybeans (edamame) team up with walnuts and oranges as a side for citrus pork chops, and soft tofu is transformed into creamy tofu-tamari dressing for grilled asparagus. Why soyfoods? Studies show the isoflavones in soyfoods can decrease our risk of breast and prostate cancer, heart disease and osteoporosis. So fire up the grill and get cooking!

Soyfoods
COUNCIL

Crusty Citrus Pork Chops with Edamame Walnut Salad

Make your fire on one side of the grill, then put the pork chops on the other – this is called indirect grilling. The chops will cook slower, keeping them moist and succulent.

Chop Rub:

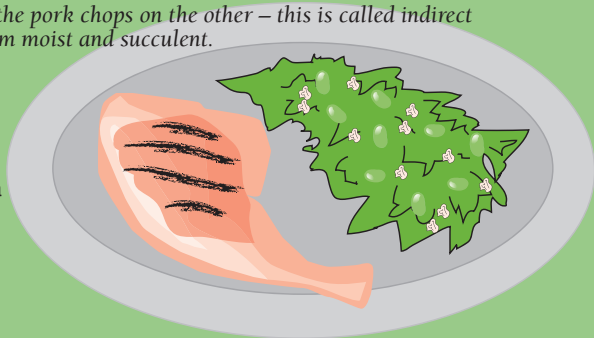
1/2 cup dark brown sugar
1/2 tablespoon coarse ground pepper
1 tablespoon kosher salt
1 tablespoon sugar
1/2 tablespoon smoked paprika or paprika

4 2-inch thick pork chops
Olive Oil
2 oranges, cut in half

Preheat grill.

Combine first five ingredients; stir well. Pat pork chops dry with paper towels. Brush lightly all over with oil. Using your hands or a spice bottle, sprinkle chop rub over chops (reserving 1 teaspoon for salad on back). Pat gently to form a crust, but do not rub hard.

Place chops in the center of the cooking grate over indirect medium heat. Let grill for 15 minutes before turning. Turn and let cook 10-15 more minutes or until done. The outside should be crusty and the inside juicy and just a little pink. Remove from the grill and let sit for 5-10 minutes. *recipe continued on next page*



While the pork chops are “resting” put orange halves on the grill cut-sides down, over direct heat for 5 minutes or until charred. Remove from grill and squeeze the juice from half of an orange over each chop. Serve with Edamame and Walnut Salad.

Edamame Walnut Salad

- 1/2 heaping teaspoon Dijon mustard
- 2 tablespoons wine vinegar or balsamic vinegar
- 1/2 cup extra virgin olive oil
- Kosher salt
- Freshly ground pepper
- 1 teaspoon grated fresh ginger
- 1 teaspoon Chop Rub
- 4 navel oranges peeled and sectioned
- 12 ounces shelled and cooked edamame
- 1/2 cup walnut halves, toasted

Combine first 7 ingredients, whisk together until emulsified. Combine orange sections edamame, and walnuts. Just before serving, toss salad with about half of the vinaigrette, adding more if desired. Serve with Crusty Citrus Pork Chops.

Serves 8

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Did You Know?

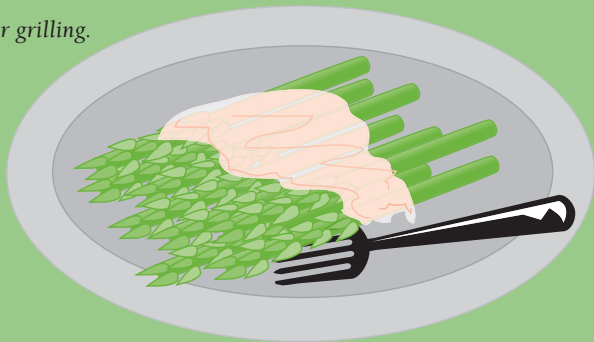
Just 1/2 cup edamame provides 35 milligrams isoflavones -all the isoflavones you need for the day.

Grilled Asparagus Spears with Tofu-Tamari Dressing

Large, firm, meaty asparagus spears are best for grilling.

Tofu-Tamari Dressing:

- 1/2 pound water-packed soft tofu, cubed
- 5 garlic cloves, finely chopped
- Juice of 2 lemons
- Zest of one lemon
- 2 tablespoons tamari or soy sauce
- 1/2 cup olive oil
- 1 tablespoon black or plain sesame seeds, toasted
- Kosher salt
- Freshly ground pepper
- 1 pound fresh asparagus
- Olive oil
- Kosher salt, about 1 teaspoon



Combine all ingredients except oil and sesame seeds in a blender or food processor. Process until smooth, scraping sides. Slowly add oil until dressing is emulsified and creamy. *recipe continued on next page*

Taste for salt and pepper and adjust seasonings. If the consistency is too thick to pour add a little water. Pour into a non-reactive bowl and add half of the sesame seeds.

Rinse asparagus and snap or cut off bottom. Place asparagus in a re-sealable plastic bag and drizzle just enough oil in the bag to coat all the spears. Seal bag and turn spears to coat evenly in the bag. Sprinkle with salt; reseal bag and turn again to evenly distribute the salt.

Place asparagus on the cooking grate over direct heat for 3-5 minutes or until marked and caramelized. Turn spears to grill each side, asparagus should begin to brown in spots but should not char. Serve immediately with the Tofu-Tamari Dressing and a sprinkling of sesame seeds.

Serves 4

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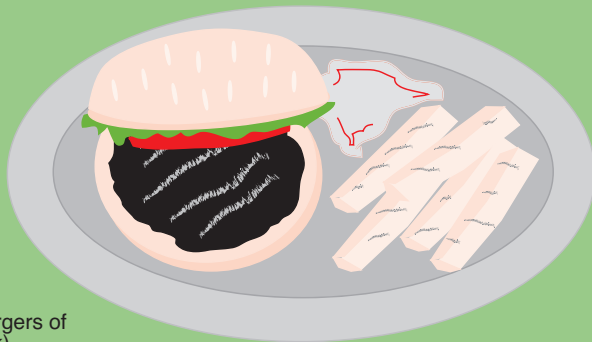
Did You Know?

For a creamy dip or dressing, use soft tofu, which purees up smooth.

Backyard Burgers with Grilled Tofu Fries and Barbecue Dipping Sauce

You read it right – tofu fries. Strips of firm tofu are seasoned with soy sauce and basted with olive oil before grilling over direct heat. Dipped into warmed, sweet and spicy barbecue sauce, we bet you'll eat all the fries first. Be sure to use extra-firm tofu.

- 1 pound ground sirloin
- 1 pound ground chuck
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dry mustard
- 1 K kosher salt
- 1 Freshly ground black pepper
- 6 Kaiser rolls
- 1/4 cup melted butter
- 6 slices cheddar or Swiss cheese
- 6 crisp lettuce leaves (optional)
- 6 slices ripe tomato (optional)
- 6 slices cooked bacon (optional)



Being careful not to over-work the meat, mix the sirloin and chuck, add the Worcestershire sauce, mustard, salt and pepper just until combined. Gently shape the meat into six burgers of equal size and thickness (about 3/4 inch thick).

recipe continued on next page

Grill over direct medium heat until the meat is no longer pink, 8 to 10 minutes. Turn halfway through grilling, add cheese, cook until done. Meanwhile, butter both sides of the rolls and grill the buns over direct medium heat until lightly toasted. Serve with lettuce, tomato and bacon, if desired.

Serves 6

Grilled Tofu Fries and Barbecue Dipping Sauce

1 pound water-packed extra-firm tofu
1/4 cup low-sodium soy sauce
1/4 cup olive oil
1/2 cup favorite barbecue sauce, warmed
Kosher salt or sea salt, optional



Did You Know?

Always use the water-packed extra-firm tofu for grilling.

Remove tofu from package and pat dry with paper towels. Trim the ends if necessary to make even sides. Cut block of tofu into 1/2 - inch slices and cut each of those slices into three pieces to make “french-fry” pieces.

Lay tofu fries on a flat platter in one layer. Pour soy sauce over tofu and turn pieces over to coat all surfaces. Place on a clean platter and brush on all sides with olive oil.

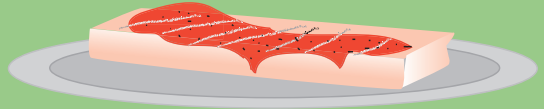
Place tofu fries gently on very clean cooking grates of a pre-heated grill. (I use a spatula to steady the tofu pieces and use long-handled locking chef tongs to put them on the grill.) Grill tofu for 3-4 minutes and turn over by gently nudging the ends of the tofu with the spatula and turning with the tongs. Continue grilling another 3-4 minutes. Remove from grill and serve with warmed barbecue sauce, and a sprinkle of salt, if desired.

Serves 2-4

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Grilled Tofu with Chimichurri Sauce and Grilled Garlic Bread

Chimichurri sauce is a zesty Latin American condiment similar to pesto.



Chimichurri Sauce:

| | |
|-----|--------------------------------------|
| 2 | cups lightly packed chopped parsley |
| 3-5 | garlic cloves |
| 1 | teaspoon salt |
| 1/2 | teaspoon freshly ground pepper |
| 1/2 | teaspoon chili pepper flakes |
| 2 | tablespoons shallot or onion, minced |

| | |
|-----|---|
| 3/4 | cup vegetable or olive oil |
| 3 | tablespoons sherry wine vinegar or red wine vinegar |
| 3 | tablespoons lemon juice |

Cumin Rub:

| | |
|-----|--|
| 1 | teaspoon granulated garlic |
| 1/2 | teaspoon smoked paprika or Hungarian paprika |
| 1/2 | teaspoon whole cumin |
| 1 | pound water-packed extra-firm tofu |
| | Olive oil |
| | Kosher salt |

To prepare the Chimichurri sauce, place all ingredients in a blender or food processor and pulse until well chopped, but not puréed. Set aside.

To prepare the rub, combine the garlic, paprika and cumin; mix well. Set aside. Cut the tofu in half length-wise to make two “steaks” about 3/4-inch thick. Brush lightly with olive oil. *recipe continued on next page*

Press the rub into both sides of the tofu steaks. Just before grilling, season the tofu steak with kosher salt. Place tofu directly on the cooking grate over direct heat and sear and cook for 4-6 minutes. Turn the tofu steak with a pair of tongs and a flat spatula if necessary. Grill until done, about 3-5 minutes. Cut tofu into thin slices and serve with Chimichurri Sauce and Grilled Garlic Bread. Serves 8 as an appetizer or 4 as a main course.

Grilled Garlic Bread



- 8 pieces of crusty and dense Italian bread, cut 3/4 to 1-inch thick
- 4 large cloves garlic, peeled and cut in half
- Best quality extra virgin olive oil, preferably from Tuscany

To make grilled garlic bread, grill bread, turning once, until golden on both sides, about 2 to 3 minutes per side. Rub one side of each piece of bread with a half clove of garlic; rub hard for good garlicky flavor. Place each piece of bread on a serving plate and brush with a thin coating of olive oil. Season with salt.

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Did You Know?

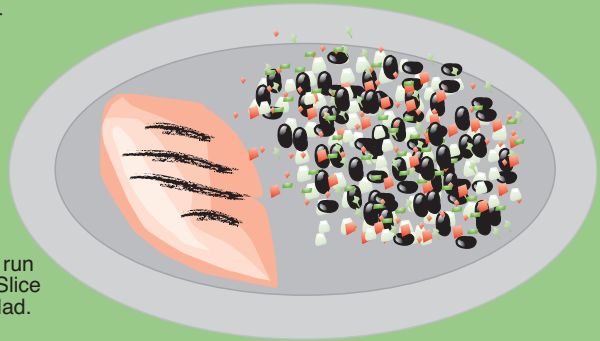
Freezing tofu for a couple hours, then pressing, removes the water, creating a dense, meaty "steak" perfect for grilling.

Grilled Chicken with Roasted Corn and Soybean Salad

Canned black soybeans – sweeter and firmer than other canned beans – team up with grilled corn and a zesty dressing for a flavorful side for chicken.

- 4 boneless, skinless chicken breasts
- Olive oil
- Kosher salt
- Freshly ground pepper to taste

Pat chicken dry with paper towels. Brush with oil and season with salt and pepper. Place chicken directly on the cooking grate and grill for about 15 minutes, turning once halfway through the cooking time. The chicken is done when the meat is no longer pink and the juices run clear. Remove chicken and let rest 5 minutes. Slice and serve with Roasted Corn and Soybean Salad.



**See next page for Roasted Corn and Soybean Salad*

Roasted Corn and Soybean Salad

| | | | |
|---|--|-----|---------------------------------|
| 1 | 15-ounce can of black soy beans, drained | | Olive oil |
| 2 | tablespoons chopped roasted red pepper or pimento pieces | 3-5 | Kosher salt |
| 4 | green onions, chopped | | Freshly ground black pepper |
| 2 | tablespoons red wine vinegar | | sprigs of cilantro, leaves only |
| 2 | tablespoons olive oil | | |
| 3 | ears of corn, husked | | |

Mix soybeans, pimentos and green onions together until well combined. Drizzle red wine vinegar over mixture and mix well. Stir in olive oil and toss until evenly distributed. Season to taste with kosher salt and pepper. Set aside.

Meanwhile, brush corn all over with olive oil. Sprinkle lightly with salt. Place ears of corn directly on the cooking grates and grill, turning occasionally for about 10 minutes or until browned and blistered all over. When cool enough to touch, cut kernels off the cob and mix into soybean salad. Mix in cilantro and toss to combine.

Serves 4.

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Did You Know?

Just 1/2 cup canned black soybeans provides 40 milligrams of isoflavones....