

Focus on Soy Foods

Julie Garden-Robinson, Ph.D., R.D., L.R.D., food and nutrition specialist
Halli Heimbuch, Extension program assistant
Eliza Johnson, Extension program assistant

NDSU

EXTENSION



Teen Cooking School is a six-lesson curriculum for teens designed to increase knowledge of nutrition and culinary skills through interactive activities. Each lesson contains information on a different cooking skill. Several recipes are included in each lesson from different parts of the menu (snack, main course, side dish, dessert), including at least one recipe made with a featured soy product.

This workbook is made possible in part with funding from the North Dakota Soybean Council. Several of the soy recipes are courtesy of North Dakota Soybean Council (www.ndsoybean.org).



We hope you enjoy learning about a variety of kitchen skills, learning about nutrition and tasting some new recipes.

Lesson 1 3

Topics:

Knife Skills
Exploring Edamame

Recipes:

No-bake Snack Mix
Vegetable Stir Fry
Crispy Parmesan Edamame*
Apple Crisp

Lesson 2 6

Topics:

Measuring skills
Exploring soy milk

Recipes:

Berry Fusion Smoothie*
Apple Coleslaw
Crustless Spinach Quiche
Fantastic French Toast
Fresh Fruit with Cinnamon Yogurt Dip

Lesson 3 12

Topics:

Equipment use: Stovetop, blender, mixer
Exploring Tofu

Recipes:

Pineapple Pico de Gallo
Chicken and Black Bean Quesadillas
Soy and Spinach Artichoke Dip*
Tortilla Fruit Pizza

*made with a featured soy product

NDSU Extension does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names.

Lesson 4 16

Topics:

Equipment use: Oven, food processor, microwave
Soy butter introduction

Recipes:

Creamy Broccoli and Apple Salad
Oven Fries
Baked Chicken Nuggets
Banana and Soy Granola Bars*

Lesson 5 20

Topics:

Food safety overview
Edamame review

Recipes:

Italian Vegetable Salad
Edamame and Bowtie Pasta*
Chicken Rice Gumbo
Cranberry Granola Bars

Lesson 6 23

Topics:

Student showcase
Exploring soy foods (taste testing)

Recipes (“Try Creating Your Own Recipes”):

Asian Jar Salad
No-Bake Chocolate Cookies*

Cooking Abbreviations

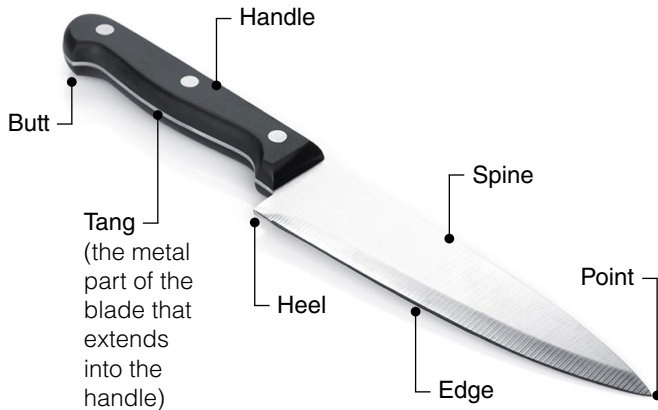
c. = cup	oz. = ounce
tsp. = teaspoon	lb. = pound
Tbsp. = tablespoon	pt. = pint
g = gram	qt. = quart
mg = milligram	pkg. = package



Lesson 1

- Knife Skills
- Exploring Edamame

Know Your Knife



Understanding how to use a knife is one of the most important things to master when entering the kitchen. This skill is essential to helping the cooking process run smoothly.

Tips for successfully using a knife:

- Find a comfortable, secure grip.
- Curl in the fingers of the hand holding your food to prevent cuts.
- Be sure your knife is sharp! Dull knives are more dangerous than sharp ones.
- Place a damp rag under the cutting board to prevent slipping.
- Never place knives into a sink filled with water because this can lead to injuries.

Edamame: What is it?

Have you seen edamame in a store and wondered what it is? If you've heard of soybeans you're one step closer to knowing what edamame is. Those green, half-moon-shaped seeds are actually immature soybeans that can be consumed as a tasty snack or part of recipes.

Edamame's history goes back thousands of years. In fact, the first record of edamame comes from China in 200 B.C. In the U.S., the first documented use of edamame was in 1856 where they called it the green soybean. Currently, Japan is one of the largest consumers of edamame and uses the bean in many different dishes. Edamame is directly translated from Japanese to English as "beans on a branch." ("Edamame," 2022).



Edamame Education

Fact or Fiction Quiz

With all the growing excitement about edamame, can you tell the difference between fact and fiction? Learn more about edamame and challenge yourself with this quick quiz.*

1. Edamame is a special variety of soybean.	Fact	Fiction
2. Edamame is harvested when the pods are only 80% ripe.	Fact	Fiction
3. Edamame is a traditional Korean snack.	Fact	Fiction
4. Today, the U.S. produces more edamame than yellow and black soybeans.	Fact	Fiction
5. Edamame have smaller seed sizes than yellow or black soybeans.	Fact	Fiction
6. Edamame is a good source of fiber and protein.	Fact	Fiction
7. Edamame contains cholesterol.	Fact	Fiction
8. We can find edamame frozen or fresh, shelled or unshelled.	Fact	Fiction
9. Edamame tastes like other varieties of soybeans.	Fact	Fiction
10. Edamame is difficult to prepare.	Fact	Fiction

*See page 30 for answers.

Now try making your own recipes using the skills you learned in this lesson.



No-bake Snack Mix

- 8 c. cereal squares (such as corn or wheat Chex or Crispex)
- 2½ c. mini pretzels (sticks or twists)
- 2½ c. bite-size cheddar cheese crackers
- 3 Tbsp. vegetable oil (soybean oil)
- 1 (1-oz.) envelope ranch salad dressing mix
- Soy nuts (optional)

Combine cereal, pretzels and crackers in large bowl. Drizzle with oil and stir gently. Sprinkle with dressing mix and stir gently.

Makes 26 servings. With corn Chex, each serving has 180 calories, 3 g fat, 3 g protein, 30 g carbohydrate, 0 g fiber and 410 mg sodium.

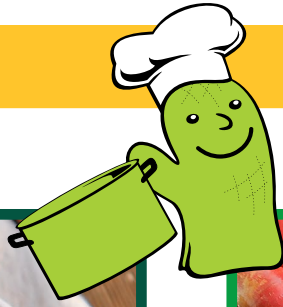
Vegetable Stir-fry

- 1 tsp. vegetable oil (soybean oil)
- 4 large carrots, sliced
- 1 lb. broccoli, cut up
- 2 cloves garlic, diced
- Curry powder (optional)
- 4 stalks celery, sliced
- 1 small (¾ lb.) bok choy or Chinese cabbage, cut up
- 1 medium onion, diced
- ½ tsp. ginger
- Edamame (optional)
- Soy sauce (optional)
- Chopped green onion and/or sesame seed (optional)
- 4 c. cooked rice (about 1¼ c. uncooked rice)

Heat oil in a frying pan or wok over medium-high heat. Add prepared carrots, broccoli and garlic to the frying pan. Stir constantly for 3 to 5 minutes. Add curry powder (optional). Add celery, Chinese cabbage, onion and ginger. Cook for an additional 2 minutes. Vegetables should be firm when done. Serve over rice. Garnish with green onion and sesame seeds (optional). Refrigerate leftovers.

Makes four servings. Without green onion, sesame seeds and curry, each serving has 350 calories, 2.5 g fat, 10 g protein, 74 g carbohydrate, 10 g fiber and 240 mg sodium.





Crispy Parmesan Edamame

- 1 (12-oz.) package frozen shelled edamame, thawed
- 2 Tbsp. olive oil
- ¼ c. Parmesan cheese, grated
- ¼ tsp. garlic powder
- Salt and pepper to taste

Preheat the oven to 400 F.

In a bowl, toss the edamame with olive oil to coat. In a separate bowl, mix the cheese and garlic powder. Add salt and pepper if desired. Add the edamame and toss, coating evenly.

Spread the edamame mixture on a rimmed baking sheet and bake, turning once halfway through, until the cheese starts to brown (about 10 to 15 minutes).

Store in an airtight container in the refrigerator.

Makes nine servings. Each serving has 90 calories, 5 g fat, 5 g protein, 5 g carbohydrate, 2 g fiber and 55 mg sodium.

Apple Crisp

- 4 to 5 medium apples*
- ¼ c. quick cooking oatmeal
- ¼ c. flour
- ½ c. brown sugar
- 1 Tbsp. cinnamon
- ¼ c. butter or margarine**

*You can substitute cherries, pears, peaches or plums for apples.

**Many types of margarine contain soy.

Preheat the oven to 350 F.

Grease the bottom and side of an 8- or 9-inch square pan. Rinse the apples, then remove the cores. Slice the apples. Spread the sliced apples on the bottom of the pan. Cut the margarine or butter into small pieces and put in a medium-sized bowl. Add the oatmeal, flour, brown sugar and cinnamon. Using two knives, cut the margarine or butter into the mixture until the mixture looks like small crumbs. Sprinkle the mixture over the top of the apples. Bake for about 40-50 minutes until fork tender.

Makes eight servings. Each serving has 170 calories, 6 g fat, 1 g protein, 30 g carbohydrate, 3 g fiber and 45 mg sodium.



Lesson 2

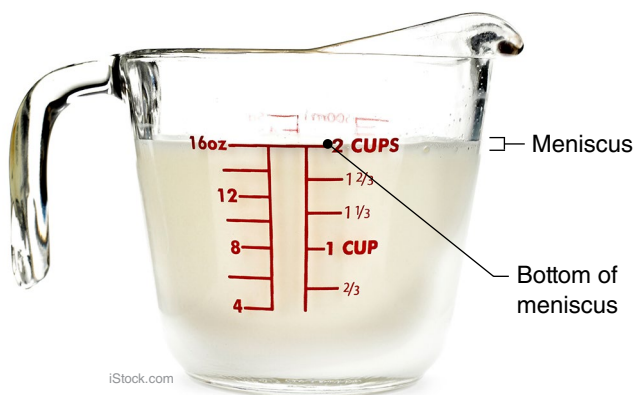
- How to Master Measuring
- Exploring Soy Milk

Measuring Dry Ingredients

Dry ingredients include flour, breadcrumbs, white sugar and spices. When measuring these ingredients, use the measuring cups or measuring spoons pictured. If using the cups, use a regular spoon to scoop the ingredient into the correct cup to avoid packing the ingredient into the cup. After the cup is full, use the flat edge of a butter knife to level out the measurement. If using a measuring spoon, scoop the spoon directly into the ingredient, and level off the spoon with the back of a knife.



Measuring Wet Ingredients



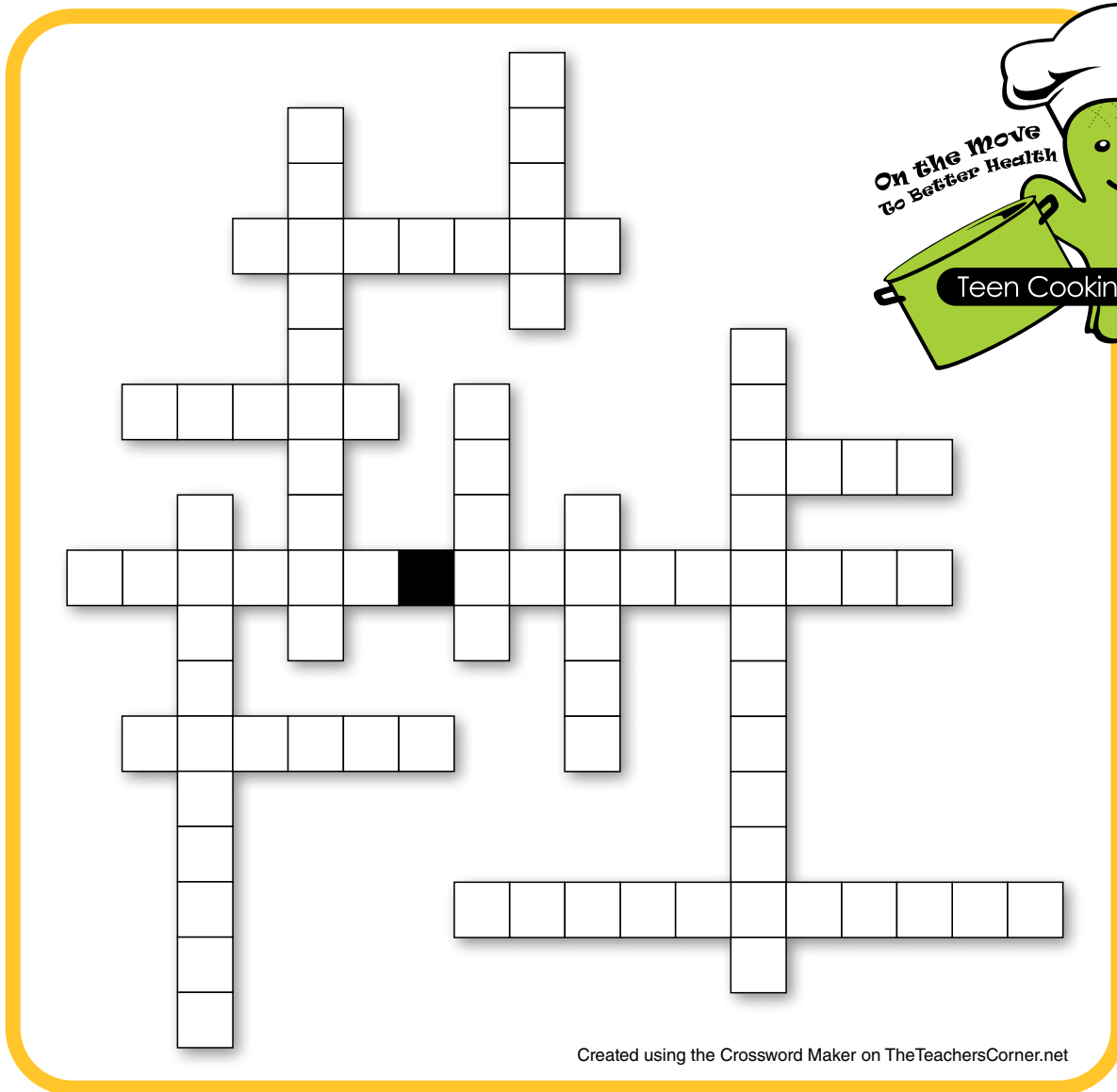
Wet ingredients include milk, water, oil, honey or vanilla extract. Measuring wet ingredients takes a more observant eye than measuring dry ingredients. Use a cup like the one pictured and then pour in your ingredient. After pouring, get eye level with your measuring cup and make sure that the liquid is in line with the correct marking. Your liquid will form a “U” shape along the side of the cup, and this is called the meniscus. When determining if the liquid is up to the correct measurement line, use the bottom of the meniscus.

Measuring Sticky Ingredients

Sticky ingredients include shortening, butter, peanut butter and brown sugar. Don't let sticky ingredients get you in a sticky situation! If your recipe contains one of these ingredients use a plastic scraper and pack the ingredient into the correct DRY measuring cup. Make sure to press out any air pockets then scrape into your bowl. Just like when measuring dry ingredients, scrape off any excess before adding to your recipe for best results.

Measuring and More Crossword Puzzle

Try this crossword puzzle to learn more about measuring amounts and techniques and to test yourself on other kitchen methods and soy applications.*



Across

3. What small kitchen equipment can be used to mix cold liquids together?
5. In a recipe, what information category says how many servings the recipe will make?
7. How many cups are in one quart?
10. Where should dry, uncooked soybeans be stored?
11. How are dry ingredients and solid fats best measured?
12. What kitchen tool should you use to determine the "doneness" of meat and other foods?

Down

1. How many teaspoons are in one tablespoon?
2. What measurement term can be abbreviated to "mL"?
4. Where in the kitchen should cooked soybeans be stored?
6. What measurement term can be abbreviated to "oz"?
8. What measurement term can be abbreviated to "Tbsp"?
9. What common eating utensil can you use to level the top of measuring cups and spoons?

*See page 30 for answers.

Got Soy Milk?

Similar to edamame, soy milk originated in China where it was traditionally served warm at breakfast. It was first bottled and sold in the 1920s in China, and in 1957, soy milk arrived in Japan. Eventually, soy milk was used in the United States, and by the 1980s, it started to grow in popularity. It has now become a staple for people who have dairy allergies or are lactose intolerant. As soy milk becomes more popular, it is being recognized as a good source of nutrients like calcium, protein and even fiber.

Now that you know a little bit more about soy milk, see if you can identify it in the following activities!



Soy Milk Activity

Part 1: Taste Test

We will explore several different types of plant-based milks. Drink the liquid in each cup, think about the taste, evaluate the texture and take your best guess as to what you think it is.

Cup Number	Type of Milk	Describe Taste	Describe Texture	Do you like it? Yes OR No
1				
2				
3				
4				
5				

Part 2: Fill in the blank after looking at the information on the packages from the samples you tasted.*

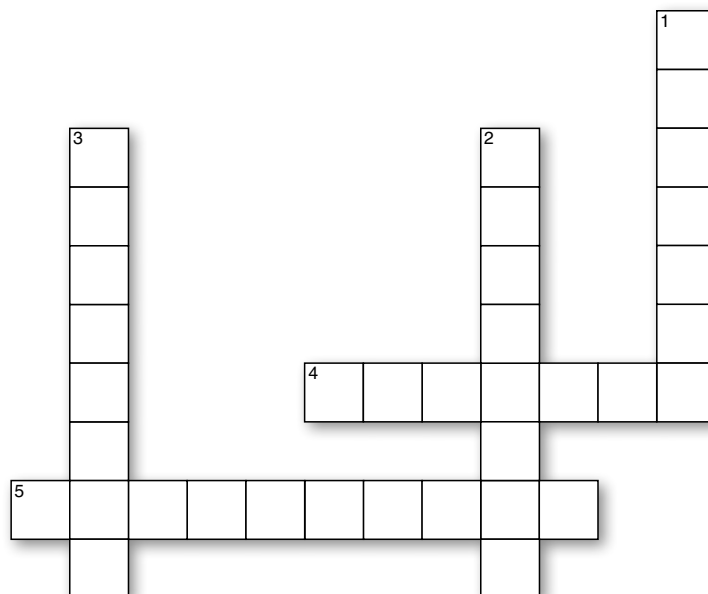
1. Soy milk contains ____ calories, ____ grams of protein. (Options: 80, 100, 3, 9)
2. Rice milk contains ____ calories, ____ grams of protein. (Options: 140, 200, 1, 5)
3. Oat milk contains ____ calories, ____ grams of protein. (Options: 100, 140, 5, 10)
4. Hemp milk contains ____ calories, ____ grams of protein. (Options: 25, 60, 0, 3)
5. Almond milk contains ____ calories, ____ grams of protein. (Options: 15, 35, 1, 5)

Note: Brands can vary in nutritional value.

*See page 30 for answers.

Part 3: Crossword Puzzle

There are many types of plant-based milks on the market, but it can sometimes be hard to differentiate one from another. Use this crossword game to learn a little bit more about five different kinds of plant-based milks.*



Across

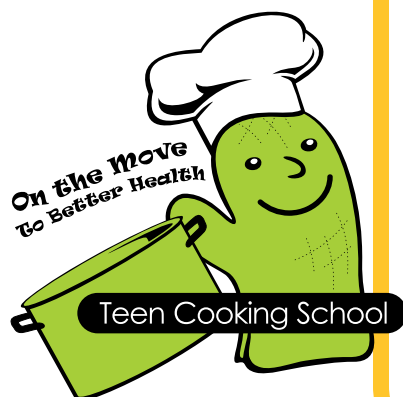
4. What type of milk is high in protein and unsaturated fats that are beneficial to a person's health?
5. What type of milk is a common plant-based milk but low in protein?

Down

1. What type of milk has a mild flavor and is higher in calories than some plant-based milk?
2. What type of milk is free of the major allergens but low in protein?
3. What type of milk is low in calories and protein and tends to separate when added to hot liquid?

*See page 30 for answers.

Created using the Crossword Maker on TheTeachersCorner.net



Now try making your own recipes using the skills you learned in this lesson.



Berry Fusion Smoothie

- ½ c. vanilla or plain soy milk
- ½ c. apple juice
- ½ c. raspberries
- ½ c. blueberries
- 3 tsp. honey, to taste
- ½ c. ice

Combine all ingredients in blender and blend until smooth. Serve chilled.

Makes one serving. Each serving has 220 calories, 2.5 g fat, 5 g protein, 53 g carbohydrate, 3 g fiber and 65 mg sodium.



Apple Coleslaw

- 2 c. cabbage
- 1 c. grated carrot
- ½ c. chopped green pepper
- 2 c. chopped apple
- 5 Tbsp. nonfat yogurt, plain, vanilla or lemon-flavored
- 1 Tbsp. mayonnaise, nonfat
- 1 tsp. lemon juice
- ¼ tsp. dill weed

Wash the cabbage under running water. Cut it into fine shreds to make 2 cups. Peel and grate carrot. Chop green pepper into small pieces. Remove the core and chop the apple into small pieces. Put the cabbage, carrot, green pepper and apple in a large bowl. Stir together. Put the yogurt, mayonnaise, lemon juice and dill weed in a small bowl. Stir together to make a dressing. Pour the dressing over the salad. Toss to mix.

Makes four servings. Each serving has 70 calories, 0 g fat, 2 g protein, 16 g carbohydrate, 3 g fiber and 70 mg sodium.



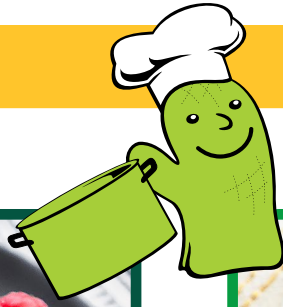
Crustless Spinach Quiche

- 5 large eggs, beaten
- 1 (10-oz.) box frozen spinach, thawed and drained
- 6 oz. of low-fat (1%) cottage cheese
- 4 oz. feta cheese
- ½ c. shredded Swiss cheese
- 2 Tbsp. margarine
- ½ tsp. nutmeg

Preheat the oven to 350 F. Spray a quiche pan or 10-inch pie pan with cooking spray. In a large bowl, combine all the ingredients except the spinach. Stir in spinach. Pour into a pan and bake for 35 to 45 minutes until slightly browned on top.

Makes eight servings. Each serving has 160 calories, 11 g fat, 12 g protein, 4 g carbohydrate, 1 g fiber and 340 mg sodium.





Fantastic French Toast

- 2 eggs
- 6 slices whole wheat bread
- ½ c. low-fat milk (or soy milk)
- ½ tsp. vanilla extract
- Toppings of choice: sliced fruit, applesauce, syrup, jam

Preheat the griddle over medium heat or set an electric frying pan at 375 F. Put eggs, milk and vanilla in a pie pan or shallow bowl. Beat with a fork until well mixed. Grease the griddle or pan with a thin layer of oil or spray with nonstick spray. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan. Cook on one side until golden brown. Turn the bread over to cook the other side. Cooking will take about four minutes on each side. Serve with toppings of choice.

Makes six servings. Without toppings, each serving has 110 calories, 3 g fat, 7 g protein, 15 g carbohydrate, 0 g fiber and 140 mg sodium.

Fresh Fruit with Cinnamon Yogurt Dip

- 1 apple, sliced
- 1 banana, sliced
- 1 orange, peeled and separated in slices
- ¼ c. orange juice
- 1 c. vanilla yogurt (or soy yogurt for dairy-free option)
- ½ tsp. cinnamon

Wash and prepare fruit. Pour orange juice into a small bowl. Dip fruit pieces into the orange juice to prevent browning. Arrange fruit on a plate. Mix the yogurt and cinnamon in a small bowl. Arrange the fruit around the bowl of yogurt and cinnamon dip.

Note: Try making this with other favorite fruits.

Makes four servings. Each serving has 120 calories, 1 g fat, 4 g protein, 27 g carbohydrate, 3 g fiber and 40 mg sodium.



Lesson 3

- Kitchen Equipment: Keys to Success
- Exploring Tofu

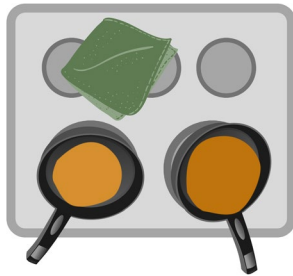
Why is it important to learn proper techniques for using kitchen equipment?

1. Makes cooking and baking easier and quicker.
2. Easier and faster clean-up.
3. The taste of your food will improve when equipment is used effectively.
4. Presentation of your food will be beautiful.
5. It's more fun when you know what you're doing!

Part 1: Kitchen Yay or Kitchen Nay?

When we use kitchen equipment correctly, we are one step closer to making a delicious dish! Use your knowledge to complete the following activity.

For each scenario, decide whether the situation is following kitchen guidelines by circling "correct" or "incorrect." If the situation is incorrect, write or draw corrections to make it correct.*



1. Correct or Incorrect



2. Correct or Incorrect



3. Correct or Incorrect

*See page 30 for answers.

Part 2: Word Find

Throughout your food preparation experiences, you will use a wide variety of kitchen equipment. Try this word find activity to see if you can find all the equipment listed below, and see if you can remember the purpose of each piece of equipment!

- | | |
|----------------|-------------|
| BLENDER | SKILLET |
| SLOTTED SPOON | ROLLING PIN |
| COLANDER | MIXING BOWL |
| BAKING SHEET | STOVETOP |
| FOOD PROCESSOR | JUICER |
| TONGS | MIXER |
| FRYPAN | SAUCE PAN |
| GRATER | OVEN |
| SPATULA | PIE PAN |
| GRIDDLE | WHISK |
| BAKING DISH | PEELER |

N E V O B A K I N G D I S H
O T N E U A L U T A P S L S
O B B A K I N G S H E E T K
P O L W O B G N I X I M S I
S I R E T S T O V E T O P L
D J E I N T O N G S G O O L
E U L P P D A S K S I H W E
T I E N A P E C U A S G E T
T C E D Y N T R P M I X E R
O E P R C C O L A N D E R E
L R F D V E L D D I R G E T
S R O L L I N G P I N I P O
F O O D P R O C E S S O R N
Y P A T R E T A R G N N H C

Play this puzzle online at: <https://thewordsearch.com/puzzle/3232640/>

Let's Talk Tofu

Tofu's origin is very similar to the rest of the soybean products we have explored. Tofu is thought to have first been consumed in A.D. 950 in China and has been around for thousands of years. Now that we have learned how soy milk is produced, we're going to take it one step further and learn about the production of tofu. The soy milk made from soybeans is coagulated and then the curds are pressed into blocks known as tofu. Tofu varies in levels of hardness ranging from silken to firm.

Tofu is high in protein making it a good option for a plant-based addition to your meal or alongside meat in many different dishes. It can be used in stir-fries, soups or on its own. Tofu has a very mild flavor and sponge-like structure that absorbs the flavor of marinades and seasonings.



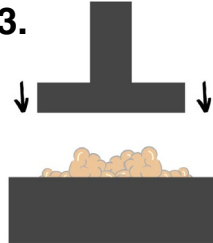

Let's Talk Tofu Activity

Part 1: How Tofu is Made

Below is a diagram of the process of how tofu is made. Can you match the descriptions with their places in the diagram?*

Options:

- A. Tofu is pressed.
- B. Tofu is pasteurized (germs are killed) and packaged.
- C. Soybean milk is prepared.
- D. Soybean milk is coagulated.

<p>1.</p>  <p>Letter _____</p>	<p>2.</p>  <p>Letter _____</p>	<p>3.</p>  <p>Letter _____</p>	<p>4.</p>  <p>Letter _____</p>
---	---	--	---

*See page 30 for answers.



Part 2: Tofu Types Matching Game

Draw a line between the type of tofu and its matching description. See if you can match them all correctly!*

- | | |
|-----------------------|--|
| 1. Firm tofu | A. Has the smoothest texture and is great for creamy recipes |
| 2. Soft tofu | B. Holds its shape well and is great for use in a stir-fry |
| 3. Silken tofu | C. Best used for blended recipes, such as smoothies |

*See page 30 for answers.

Now try making your own recipes using the skills you learned in this lesson.



Pineapple Pico de Gallo

- 2 c. tomatoes, finely chopped
- 1 c. pineapple, finely chopped
- ½ c. sweet onion, finely diced
- ¼ c. jalapeno, finely diced
- ¼ Tbsp. lime juice fresh
- ⅓ c. cilantro, chopped
- Salt to taste

Combine all ingredients in a large bowl. Toss to combine. Serve with tortilla chips.

Makes 16 servings. Without tortilla chips, each serving has 20 calories, 0 g fat, 1 g protein, 4 g carbohydrate, 1 g fiber and 40 mg sodium.



Chicken and Black Bean Quesadillas

- 4 whole-wheat tortillas
- 1 c. cooked chicken
- ½ c. canned black beans, drained and rinsed
- ½ c. shredded cheddar or mozzarella cheese (or soy cheese)
- ½ c. bell peppers, chopped
- Optional toppings: salsa and reduced-fat or non-fat sour cream

Place pan on stove and turn to medium heat. Put one tortilla in pan, add half of the cheese and half of the other toppings. Place other tortilla on top of cheese. Cover pan for approximately two to four minutes. Flip quesadilla very carefully to heat other side approximately one to two minutes. Repeat with remaining ingredients. Cut into wedges and serve with salsa and sour cream.

Makes four servings. Without toppings, each serving has 250 calories, 7 g fat, 18 g protein, 29 g carbohydrate, 4 g fiber and 620 mg sodium.





Soy and Spinach Artichoke Dip

- 1 lb. silken tofu, crumbled
- 1 lb. low-fat cream cheese, cubed
- 1 c. low-fat mayonnaise
- ½ tsp. ground pepper
- 1 lb. frozen chopped spinach, thawed, drained
- 1 (15-oz.) can artichoke hearts, drained, coarsely chopped
- ½ c. green onions, chopped
- Parmesan cheese, grated, for garnish (optional)

Using a mixer, beat tofu until smooth.

Mix in cream cheese, mayonnaise and pepper in a mixer bowl. Fold in spinach, artichokes and green onions.

Spread mixture evenly in a 9- by 13-inch pan. Sprinkle Parmesan cheese on top, if desired.

Bake at 350 F for 15 to 20 minutes or until bubbly and browned on top.

Makes 25 servings. Each serving has 70 calories, 3.5 g fat, 4 g protein, 6 g carbohydrate, 1 g fiber and 270 mg sodium.

Tortilla Fruit Pizza

- 2 tsp. sugar
- ¼ tsp. cinnamon
- 1 whole wheat tortilla
- ¼ c. vanilla yogurt, low-fat or nonfat (or soy yogurt)
- ½ c. fruit

Preheat oven to 350 F. Mix cinnamon and sugar together in a small bowl. Spray each side of the tortilla with nonstick cooking spray and sprinkle with cinnamon and sugar mixture. Bake on baking sheet for 5-8 minutes. Let cool. Top tortilla with vanilla yogurt and fruit.

Makes one serving. Each serving has 230 calories, 4 g fat, 7 g protein, 47 g carbohydrate, 4 g fiber and 350 mg sodium.



Lesson 4

- Kitchen Equipment: Keys to Success – Part 2
- Exploring Soy Nut Butter

5 Things to Do When Things Go Wrong in the Kitchen

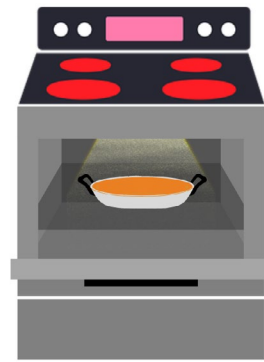
1. **Keep calm.**
2. **Did something spill?**
Clean it up.
3. **Did your food burn?**
Turn off the burners/oven and open the windows if possible.
4. **Accidentally put the wrong ingredient or amount in your recipe?** Correct or start over.
5. **Cut yourself?**
Clean the cut, put on a bandaid and plastic glove, start again.



Part 1: Kitchen Yay or Kitchen Nay

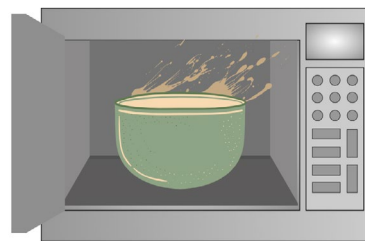
When we use kitchen equipment correctly, we are one step closer to making a delicious dish! For each scenario, decide whether each situation is following guidelines by circling “correct” or “incorrect.” If the situation is incorrect, write or draw corrections to make it correct.*

Baking time remaining:
9 minutes

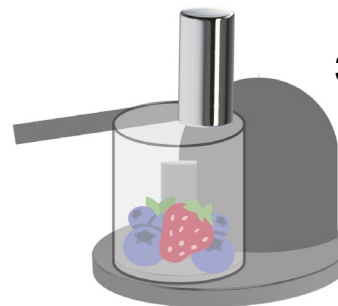


1. Correct or Incorrect

Cooking time remaining:
3 minutes



2. Correct or Incorrect



3. Correct or Incorrect

*See page 30 for answers.



What is Soy Nut Butter?

Peanut butter is a staple ingredient in most pantries. Its use ranges from peanut butter and jelly sandwiches to classic peanut butter cookies to sauces used in Thai recipes. For those with peanut allergies, however, enjoying these foods isn't possible.

Wowbutter® is a commercial product made from soybeans. It is a naturally peanut-free soy nut butter spread. It is a good source of fiber at 3 grams per serving and loaded with protein at seven grams per serving. This soy nut butter spread can be used as an alternative to peanut butter in all your favorite recipes! By definition, Wowbutter® is a nut-free spread that is made from toasted soybeans and then combined with other ingredients to form a smooth, creamy texture.



Write the type of butter next to the picture of the source.*

1.



2.



3.

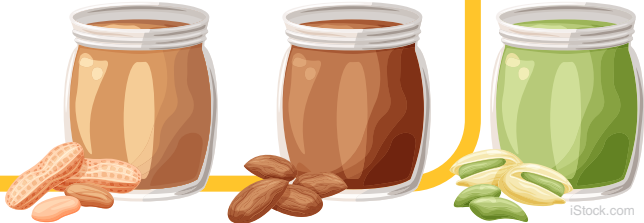


4.



Options: Peanut butter
Almond butter

Sunbutter®
Wowbutter® or other brand of soy nut butter



*See page 30 for answers.

Now try making your own recipes using the skills you learned in this lesson.



Creamy Broccoli and Apple Salad

- 6 c. broccoli florets
- $\frac{3}{4}$ c. dried cranberries
- $\frac{1}{2}$ c. sunflower seeds
- 3 medium green apples (rinsed and sliced)
- $\frac{1}{2}$ c. chopped red onions
- $1\frac{1}{2}$ c. low-fat plain yogurt (or soy yogurt)
- 2 Tbsp. Dijon mustard
- $\frac{1}{3}$ c. honey

Combine broccoli, dried cranberries, sunflower seeds, sliced apples and chopped onion in a large serving bowl. In another mixing bowl, blend yogurt, mustard and honey. Add dressing to the salad mixture and mix. Chill in refrigerator for at least one hour before serving.

Makes 18 servings. Each serving has 100 calories, 2.5 g fat, 3 g protein, 17 g carbohydrate, 2 g fiber and 65 mg sodium.



Oven Fries

- 4 large potatoes
- 1 Tbsp. vegetable oil (soybean oil)
- Paprika (optional)
- Grated Parmesan cheese (optional)

Wash potatoes, but don't peel; slice into half-inch thick strips. Blot dry with paper towels; toss potatoes with oil in a bowl until coated. Sprinkle with paprika if desired. Spread on baking sheet and bake at 425 F for 20 to 25 minutes total, flipping the fries halfway through. Toss with Parmesan cheese (optional).

Makes eight servings. Without paprika and Parmesan cheese, each serving has 150 calories, 2 g fat, 4 g protein, 32 g carbohydrate, 3 g fiber and 15 mg sodium.





Baked Chicken Nuggets

- 1.5 lb. boneless, skinless chicken breast*
- 1 c. cornflakes or other ready-to-eat cereal crumbs
- 1 tsp. paprika
- ½ tsp. Italian herb seasoning or seasoning of your choice
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- Honey mustard sauce (optional, as dip)
- Barbecue sauce (optional, as dip)
- Teriyaki sauce (optional, as dip)

Preheat oven to 400 F. Cut the chicken into bite sized pieces. Place cereal in a plastic bag and crush using a rolling pin or can. Add remaining ingredients to cereal crumbs. Close bag tightly and shake until blended. Add a few chicken pieces at a time to crumb mixture and shake to coat evenly. Discard any unused crumb mixture. Place chicken pieces on greased baking sheet so they are not touching. Bake until golden brown with an internal temperature of 165 F, or about 12 to 14 minutes.

*You can substitute chicken thighs, but you will need to remove the skin and bones.

Makes four servings. Without dipping sauce, each serving has 230 calories, 4.5 g fat, 39 g protein, 6 g carbohydrate, 0 g fiber and 130 mg sodium.

Banana Soy Baked Bars

- 2 c. oats
- 1 c. flour
- 2 tsp. cinnamon
- 1 tsp. baking powder
- ¼ tsp. kosher salt
- 1½ c. milk (or soy milk)
- 3 Tbsp. honey
- 2 Tbsp. soy nut butter
- ½ c. applesauce
- 1 large egg
- 1 tsp. vanilla extract
- 1 medium ripe banana
- About ½ c. mini chocolate chips (optional)

Place the rack in the center and heat the oven to 375 F. Lightly coat an 8-by-8-inch square pan with cooking spray.

In a medium bowl, stir together the oats, flour, cinnamon, baking powder and salt. In a separate bowl, combine the milk, applesauce, egg, honey, soy nut butter, mashed banana and vanilla.

Pour the dry ingredients into the wet mixture and stir to combine. The batter will be very wet. Pour into the prepared baking pan. Sprinkle mini chocolate chips on top of the batter (optional).

Bake for 35 minutes or until thickened and golden or toothpick inserted in the center comes out clean. Cool, cut into bars and serve.

Makes 10 servings. Without mini chocolate chips, each serving has 190 calories, 3.5 g fat, 6 g protein, 33 g carbohydrate, 3 g fiber and 85 mg sodium.



Lesson 5

● Focus on Food Safety

Food Safety

Following food safety information is essential to keeping people healthy. From avoiding cross-contamination to cooking foods to the correct temperature, food safety might seem overwhelming at first but comes as second nature once you understand the basics of it. Practice safe food handling every time you're in the kitchen, and you'll be an expert in no time!

See www.ag.ndsu.edu/food and click on "Food Safety" for more information.



Use your previous knowledge or best guess to choose the best option for required cooking temperatures of different foods:*

Cooking to Perfection

Cooking Temperature Options:

160 F, 165 F, 145 F, 140 F

1. Egg dishes _____
2. Poultry _____
3. Ground Beef _____
4. Beef Roast _____
5. Pork Chops _____
6. Leftovers _____

*See page 30 for answers.

Sarah's Sickness

Now read the following scenario and explain why Sarah got sick:

Sarah came home from school one day and was feeling extra hungry. She immediately went to the fridge looking for something to eat and spotted a container of yogurt on the bottom shelf. She went to grab it but noticed there was a pinkish liquid on top of the container. She tore off a paper towel, wiped it off and then immediately grabbed a spoon, put some of the yogurt in a bowl, added a bit of fruit and granola and started to eat.

When she was done, Sarah went to put the yogurt container back in the fridge and noticed that where the yogurt had been sitting was a new puddle of pinkish liquid. Confused, she looked on the shelf above to see what could be leaking and noticed a package of raw chicken breasts. Sarah then placed the chicken in a glass container, moved it to the bottom shelf, and wiped the shelf that had the chicken juice on it with a soapy rag.

The next morning Sarah woke up with a stomachache and had to stay home from school for the next few days.

Why did Sarah get sick? What could she have done differently? What did Sarah do correctly? Write your answers on the lines below.*

*See page 30 for answers.

Food Safety Tips:

- Rinse all fresh fruits and vegetables under running water, even those with skins you do not eat.
- Freezing stops growth but does not kill bacteria; only cooking to correct temperatures kills bacteria.
- Store raw meat on the very bottom shelf in the fridge to prevent any juices from dripping down onto other food.
- Switch cutting boards between ready-to-eat foods (like fresh fruit) and foods that need to be cooked (like raw meat) to prevent cross-contamination.
- Use a thermometer when cooking! It will make your food taste better and be safer.

Now try making your own recipes using the skills you learned in this lesson.



Italian Vegetable Salad

- 1 c. celery
- 1 c. carrots
- 1 c. broccoli
- 1 c. cauliflower
- ¼ c. black olives, sliced (optional)
- 1 (8-oz.) bottle of low-fat or fat-free Italian dressing

Wash vegetables thoroughly. Slice carrots and cut remaining vegetables in bite-sized pieces. Place in a serving bowl. Add sliced black olives, if desired. Pour dressing over vegetables and mix. Allow to marinate in refrigerator for a few hours.

Makes six servings. Each serving has 40 calories, 0 g fat, 1 g protein, 7 g carbohydrate, 2 g fiber and 440 mg sodium.



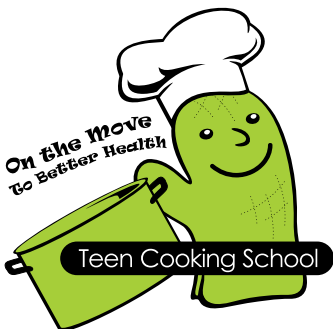
Edamame Bowtie Pasta

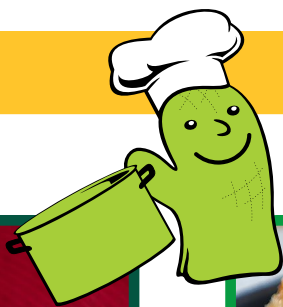
- 8 oz. bowtie pasta, preferably whole grain
- 3 Tbsp. plus 1 tsp. extra virgin olive oil
- 1 c. corn kernels
- 1 c. shelled edamame, thawed if frozen
- 1 medium red bell pepper, diced
- 2 medium carrots, shredded (about ½ c.)
- ⅓ c. grated Parmesan cheese
- Salt and pepper to taste

Cook the pasta according to package directions. Drain and toss with 1 teaspoon olive oil to prevent sticking; let cool.

In a large bowl, toss the cooled pasta with the corn, edamame, bell peppers and carrots. Drizzle with the remaining 3 tablespoons olive oil and toss to coat. Add the Parmesan; toss again and season with salt and pepper to taste.

Makes 10 servings. Each serving has 170 calories, 6 g fat, 6 g protein, 23 g carbohydrate, 1 g fiber and 55 mg sodium.





Chicken Rice Gumbo

- 3 (14.5-oz.) cans reduced-sodium chicken broth
- 1 lb. cooked chicken or turkey, cut into bite-sized pieces (or use firm tofu)
- 1 (15-oz.) can whole-kernel corn, drained
- 1 (14.5-oz.) can stewed tomatoes, chopped, undrained
- ½ c. uncooked white rice
- ¼ to ½ tsp. hot pepper sauce (adjust to taste)
- Salt and pepper (to taste)
- Cayenne pepper (optional, to taste)

Heat all ingredients to a boil in large saucepan on medium-high heat. Reduce heat to low; cover. Simmer for 20 minutes.

Makes 10 servings. With chicken, each serving has 130 calories, 1.5 g fat, 13 g protein, 14 g carbohydrate, 1 g fiber and 450 mg sodium.

Cranberry Granola Bars

- ½ c. honey
- 2 Tbsp. + 2 tsp. brown sugar, packed
- 1 Tbsp. + 1 tsp. vegetable oil (soybean oil)
- 1½ c. oatmeal oats, quick (uncooked)
- 1¼ c. toasted rice cereal
- 1¼ c. dried cranberries

Preheat oven to 350 F. Combine honey, brown sugar and oil in a small saucepan. Heat over low heat until well mixed. Mix oats, rice cereal and cranberries. Add honey mixture and stir until thoroughly combined. Pat firmly into an 8-by-8-inch baking pan. Bake for 15 minutes; press firmly into the bottom of the pan once more. Bake five more minutes. Cool completely. Refrigerate at least one hour for easier cutting.

Makes 16 servings. Each serving has 120 calories, 2 g fat, 1 g protein, 25 g carbohydrate, 1 g fiber and 15 mg sodium.



Lesson 6

● Try Creating Your Own Recipes

When you have learned basic cooking skills, you can become even more creative in the kitchen. These recipes allow you to explore ingredients you may have on hand.



Asian Jar Salad

- 2 Tbsp. sesame ginger dressing
- ½ c. vegetable mix
 - Chopped bell pepper
 - Shredded carrots
 - Frozen edamame, thawed
- ½ c. soba noodles, cooked and cooled
- 2 hard cooked eggs, chopped (about ½ c.)
- 1 c. chopped cabbage
- 1 Tbsp. sesame seeds, unsalted

Layer the ingredients above in the order listed in a quart-size jar.

Makes two servings. Each serving has 170 calories, 11 g fat, 8 g protein, 13 g carbohydrate, 2 g fiber and 160 mg sodium.

www.ndsu.edu/agriculture/extension/publications/pinchin-pennie-kitchen-7-steps-making-salad-jar



No-Bake Chocolate Cookies

- ¾ c. sugar
- 2 Tbsp. unsweetened cocoa powder
- ¼ c. vanilla soy milk
- 1 Tbsp. butter
- ¼ c. soynut butter
- 1 ¼ c. rolled oats
- ½ c. soynuts, coarsely chopped, or pecans or walnuts
- 1 tsp. pure vanilla extract

Line a baking sheet with waxed paper; set aside. Combine sugar and cocoa in a medium saucepan. Stir in soy milk and butter. Bring to a full rolling boil over medium heat, stirring constantly. Stir in soynut butter, oats, soynuts and vanilla. Remove from heat. Stir until well blended. Drop warm oat mixture by spoonfuls onto waxed paper. Chill until firm. Refrigerate leftovers.

Makes 16 servings. With chopped walnuts, each serving has 120 calories, 5 g fat, 2 g protein, 16 g carbohydrate, 1 g fiber and 25 mg sodium.

7 Steps to Creating a Casserole

“What’s for dinner?” If you sometimes answer the question, “I have no idea!” then check out these creative ideas. This publication includes ways to use ingredients in your cupboard or freezer, or leftovers in your refrigerator. You can make a satisfying and economical meal for your family in seven easy steps.



iStock photo

1. Choose one starch.

- Rice: Combine 1 cup rice and 2 cups water. Bring to a boil. Turn heat to low and cover pan with lid. Simmer until water is absorbed, about 20 minutes. Or substitute 3 cups leftover cooked rice.
- Pasta: Heat 6 cups water until it boils. Stir in 1½ cups pasta. Cook until tender, about 10 minutes. Drain. Or substitute 3 cups leftover cooked pasta.
- Potatoes: Heat 6 cups water until it boils. Add 3 cups diced potatoes and cook until tender, about 10 minutes. Drain. Or substitute 3 cups leftover cooked, diced potatoes.

2. Choose one protein.

- 1 pound cooked ground beef
- 1½ cups cooked and diced chicken, turkey, ham, beef or pork
- 1½ cups tofu
- 2 cups chopped hard-cooked eggs
- 1 or 2 (6- to 8-ounce) cans tuna or salmon, drained
- 1 (15-ounce) can or 2 cups cooked dry edible beans (pinto, black, white, navy, kidney, etc.). Drain and rinse canned beans to reduce sodium.

3. Choose one or more vegetables, such as broccoli, cauliflower, carrots, edamame, green beans, squash or mixed veggies.

- 2 cups fresh vegetables, cooked
- 2 cups frozen vegetables, cooked
- 1 (15-ounce) can vegetables, drained

4. Choose one sauce.

- 1 (10-ounce) can soup (reduced-sodium cream of mushroom, cream of chicken, cream of celery, tomato, cheese, etc.)
- 1 (15-ounce) can diced tomatoes with juice
- 2 cups white sauce, using recipe provided on the back of this handout

White Sauce

- 1½ Tablespoons fat (butter, margarine or oil)
- 3 Tablespoons flour
- 1½ cups skim milk or soy milk
- ¾ teaspoon salt
- Dash of pepper

To make white sauce: Melt fat in saucepan. Mix in flour to make a smooth paste. Slowly add milk. Cook over low heat, stirring constantly until thickened. Add salt and pepper. Cook for three to four minutes longer.

5. Choose one or more flavorings.

- ½ cup chopped onion, celery or green pepper
- ¼ cup sliced black olives
- ½ cup salsa
- 1 to 2 cloves garlic, minced
- 1 to 2 tsp. dried herbs (oregano, basil, cumin, chili powder, thyme, tarragon, sage, etc.)
- Salt and pepper to taste

6. Choose one or more toppings (optional).

If desired, after heating, place any of the following on top:

- 2 Tablespoons grated Parmesan cheese
- ¼ cup grated cheddar or mozzarella cheese or soy-based cheese
- ¼ cup buttered breadcrumbs

7. Combine all ingredients except toppings, then heat.

Place ingredients in a 9- by 13-inch pan coated with cooking spray. Bake at 350 F until bubbly * (30 to 45 minutes). Add more liquid (such as water) if it becomes too dry. Add toppings and return to oven about 10 minutes.

* May cook on stovetop in saucepan or skillet for 15 to 20 minutes. Add more liquid if it becomes too dry. Watch closely so it does not burn.

Menu

Macaroni, Beef and Tomato Casserole
Spinach salad
Baked apples
Low-fat or fat-free milk

Julie Garden-Robinson, Ph.D., R.D., L.R.D.,
Food and Nutrition Specialist

Source: Adapted with permission from Utah State University.

For more information about nutrition, food safety and health, visit this website:

www.ag.ndsu.edu/food

For more information on this and other topics, see www.ag.ndsu.edu

NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons.

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsueoaa@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881. 4-13; web-1-18; web-6-22

7 Steps to Creating a Soup

A steaming bowl of soup is a hearty, healthful meal. You can use food from your pantry, freezer or leftovers from your refrigerator to make a tasty soup in about 30 minutes following these easy steps. Each pot of soup serves about four adults. The nutritional value varies depending on the ingredients you choose.



1. Choose one fat.

- 2 Tablespoons canola, sunflower, olive, vegetable (soy) or other oil OR 2 Tablespoons butter OR 2 Tablespoons margarine
- Heat in large pot on stove

2. Rinse and chop one medium onion.

- Add to pot and cook over medium heat until tender.

3. Choose one broth. Add to pot.

- 2 (16-ounce) cans chicken, beef or vegetable broth
- 4 cups water plus chicken, beef or vegetable bouillon or soup base prepared according to manufacturer's directions
- 1 (16-ounce) can crushed or diced tomatoes and 3 cups water
- 4 cups milk and chicken bouillon or soup base prepared according to manufacturer's directions

4. Choose one protein. Add to pot.

- 1 pound cooked (or leftover) chopped/diced beef, chicken, ham, lean sausage, firm tofu, etc.
- 1 (16-ounce) can beef, chicken, ham
- 1 (16-ounce) can beans (pinto, kidney, navy, black, etc.), drained and rinsed

5. Choose one starch. Add to pot.

- 3 to 4 cups diced potatoes
- 4 ounces egg noodles, macaroni, pasta (or 1½ cups leftover cooked noodles)
- ½ cup uncooked rice (or 1½ cups leftover cooked rice)

6. Choose a mixture of 2 to 3 cups chopped vegetables (fresh, frozen or canned).

Add to pot.

Broccoli	Corn
Cabbage	Edamame
Carrots	Green pepper
Cauliflower	Green beans
Celery	Mushrooms
Cooked or canned	Peas
beans, such as kidney, pinto or black beans	Squash
	Zucchini

7. Choose one or more seasonings, add to pot and simmer 20 to 25 minutes or until vegetables are tender.

- 1 to 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)
- Bay leaf (remove before serving)
- Minced garlic
- 1 to 2 Tablespoons fresh herbs (add five minutes before serving)

Menu idea:

Black bean and corn soup, whole-grain bread or crackers, sliced apples and low-fat or fat-free milk

A few ideas:

Chicken and rice soup: Combine onion, celery, carrots, chicken, rice, chicken broth, rosemary, parsley and garlic.

Beef and vegetable soup: Combine leftover roast beef or browned ground beef, onion, potatoes, carrots, celery, crushed tomatoes, beef broth, oregano, basil, parsley and bay leaf.

Black bean and corn soup: Combine onion, green pepper, corn, green chilies, canned black beans (drained and rinsed), rice, crushed tomatoes, chicken broth, oregano, cumin, chili powder, cilantro and garlic.

Cream of broccoli or potato soup: Combine onion, broccoli or potato, celery, cheese, milk, chicken bouillon and garlic. Mash or blend together.

Julie Garden-Robinson, Ph.D., R.D., L.R.D.,
Food and Nutrition Specialist

Source: Adapted with permission from Utah State University.

**For more information about nutrition, food safety and health, visit this website:
www.ag.ndsu.edu/food**

For more information on this and other topics, see www.ag.ndsu.edu

NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons.

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsu.eoaa.ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.
4-13; web-1-18; web-6-22

7 Steps to Creating a Sandwich

Sandwiches are easy to make and can serve as a quick meal for you or your family any time of day. Choose whole-grain bread, a variety of vegetables, fruit and lean protein to pack your sandwich full of nutrients. Sandwiches are versatile. You can make your sandwich cold, cook just the meat or grill the whole thing. Consider chopping vegetables; cooking eggs, chicken or beef; and slicing or shredding block cheese ahead of time.



1. Choose a base for your sandwich. Place one slice of bread on a plate.

- 2 slices whole-grain, rye, sour dough or 12-grain bread; whole-wheat sandwich thins; English muffins; bagels; pita pockets; or flatbread

2. Pick a spread. Using a butter knife, apply to one slice of your bread. You also can leave your bread dry and move on to the next step.

- 1 tablespoon margarine, guacamole, basil pesto, mayonnaise or mustard

3. Choose one or two protein foods to place on top of your spread or base of your sandwich.

- 2 tablespoons hummus
- 2 tablespoons peanut butter
- 2 ounces cooked fish
- 2 to 3 cooked meatballs
- 2 ounces cooked chicken, pork or beef
- 1 scrambled, fried or chopped, hard-cooked egg
- 2 ounces sliced turkey, roast beef or chicken
- 2 ounces canned chicken, tuna or salmon
- 2 ounces marinated/cooked or fried firm tofu

4. Add your favorite low-fat cheese (optional).

- 2 tablespoons sliced, shredded or crumbled pepper jack, Swiss, mozzarella, cheddar, feta, blue cheese or dairy-free cheese options (soy)

5. Pile on fruits and veggies! Choose one or more.

- 1 lettuce leaf
- 2 thin tomato slices
- 3 thin cucumber slices
- 1 tablespoon black or green olives
- 3 small pickle rounds
- 2 to 3 slices white, yellow or red onion
- 1 tablespoon chopped green onion
- 3 to 4 strips of red, green or yellow bell pepper
- 1 tablespoon chopped celery
- 1 teaspoon chopped banana peppers or jalapenos
- 1 tablespoon chopped grapes
- 1 to 2 tablespoons pineapple chunks
- 1 tablespoon dried cranberries or raisins
- 6 banana slices

6. Place the remaining slice of bread on top and enjoy!

7. Or grill your sandwich. If your sandwich isn't overflowing, you can spread olive, canola or vegetable (soy) oil on the outsides of both slices of bread and grill in a skillet on the stovetop until golden brown.

Quick tip: Thinly slice vegetables such as cucumbers and tomatoes to help prevent your sandwich from overflowing and make it easier for you to eat.

Quick tip: Pack “wet” ingredients such as tomatoes, pineapple, condiments and salad dressings in separate containers when making sandwiches that will be eaten later to prevent your bread from becoming soggy. Add them right before you eat.

Cold Sandwiches	Bread	Spread	Protein	Cheese	Vegetables or Fruit
Chicken Salad	Ciabatta roll	Plain Greek yogurt	Cubed cooked chicken and chopped pecans or walnuts		Chopped celery, chopped red grapes
Loaded Veggie	Whole-wheat sandwich thins		Roasted red pepper hummus	Crumbled feta cheese	Lettuce or romaine leaves, chopped red onion, cucumber slices, tomato slices
Cheddar and Apple	Whole-grain bread	Honey mustard	Turkey, ham or bacon	Sharp cheddar	Apple wedges
Roast Beef	Pita bread	Horseradish, mayonnaise	Roast beef		Onion, arugula, cucumbers
Fish Fillet	Whole-wheat hamburger bun	Tartar sauce	Breaded baked tilapia, halibut or cod	Swiss	Shredded lettuce, shredded carrots

Grilled Sandwiches	Bread	Spread	Protein	Cheese	Vegetables or Fruit
Egg and Cheese	English muffin	Margarine	Fried egg and turkey or lean ham	Cheddar	Sliced green peppers, onions, spinach leaves
Dessert Sandwich	Flatbread	Nutella or honey	Peanut butter	Crumbled feta cheese	Strawberries, blueberries, raspberries or banana slices
Italian Panini	Ciabatta roll		Salami or seasoned firm tofu	Mozzarella	Red and yellow peppers
Caprese	Sour dough bread	Basil pesto		Mozzarella	Tomato slices, spinach leaves
BALT	Plain bagel	Mayonnaise or vegetable cream cheese	Bacon		Lettuce, avocado, tomato

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

Allison Dhuyvetter, Dietetic Intern, NDSU (former)

For more information about nutrition, food safety and health, visit this website:

www.ag.ndsu.edu/food

For more information on this and other topics, see www.ag.ndsu.edu

NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons.

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsu.eoa.ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881. web-4-15; web-8-19; web-6-22

Answer Keys

Page 3. Edamame Fact or Fiction

Answer Key:

1. Fact
2. Fact
3. Fiction (*They are a traditional Japanese snack.*)
4. Fiction (*The U.S. now produces less edamame than yellow and black soybeans.*)
5. Fiction (*Edamame have larger seed sizes than yellow or black soybeans.*)
6. Fact
7. Fiction (*Edamame has no cholesterol.*)
8. Fact
9. Fiction (*Edamame tastes more like green vegetables, like sweet peas, than dried legumes.*)
10. Fiction (*Edamame are relatively easy to prepare. Try boiling or roasting them for 15 minutes to make a great main dish or side dish!*)

Page 7. Measuring Crossword

Answer Key:

- | | |
|-----------------|----------------------|
| 1. Three | 7. Four |
| 2. Milliliter | 8. Tablespoon |
| 3. Blender | 9. Knife |
| 4. Refrigerator | 10. Sealed container |
| 5. Yield | 11. Weight |
| 6. Ounce | 12. Thermometer |

Page 9. Soy Milk Fill in the Blank

Answer Key:

1. Soy milk contains **80** calories, **9** gram(s) of protein.
2. Rice milk contains **140** calories, **1** gram(s) of protein.
3. Oat milk contains **140** calories, **5** gram(s) of protein.
4. Hemp milk contains **60** calories, **3** gram(s) of protein.
5. Almond milk contains **35** calories, **1** gram(s) of protein.

Page 9. Soy Milk Crossword

Answer Key:

1. Oat milk
2. Rice milk
3. Hemp milk
4. Soy milk
5. Almond milk

Page 12. Kitchen Equipment 1

Answer Key:

1. Incorrect (*Correction: Pan handles in, remove cloth*)
2. Correct
3. Incorrect (*Correction: Use cutting board, use different knife, hold knife properly*)

Page 13. Tofu: How Tofu is Made

Answer key:

1. C (*Soybean milk is prepared.*)
2. D (*Soybean milk is coagulated.*)
3. A (*Tofu is pressed.*)
4. B (*Tofu is pasteurized [germs are killed] and packaged.*)

Page 13. Tofu: Tofu Types Matching Game

Answer key:

1. B
2. C
3. A

Page 16. Kitchen Equipment

Answer Key:

1. Incorrect (*Correction: keep oven door closed*)
2. Incorrect (*Correction: cover bowl to prevent more splattering*)
3. Correct

Page 17. Soy Nut Butter vs. Other Butters

Answer Key:

- a. Sunbutter® (or sunflower seed butter)
- b. Wowbutter® (or soy nut butter)
- c. Peanut butter
- d. Almond butter

Page 20. Cooking Temperatures

Answer Key:

1. 160
2. 165
3. 160
4. 145 – let rest 3 minutes
5. 145 – let rest 3 minutes
6. 165

Page 20. Why is Sarah Sick?

Answer Key:

Sarah has food poisoning caused by the bacteria present on the raw chicken.

She should not have consumed the yogurt that had chicken juice drippings on it and should have thoroughly washed her hands with warm water and soap before touching anything else.

Sarah was correct to have moved the chicken to a glass container that will not leak and to place the chicken on the bottom shelf of the fridge after cleaning and sanitizing both areas.

References

Food Source Information. Tofu. <https://fsi.colostate.edu/tofu/>

Real Food Encyclopedia. Edamame.

<https://foodprint.org/real-food/edamame/#:~:text=According%20to%20researchers%20at%20Washington,%2C%20and%20remains%2C%20quite%20popular.>

SoyInfo Center. History of Soymilk and Other Non-Dairy Milks (1226-2013).

<https://www.soyinfocenter.com/books/166>

SoyInfo Center. History of Tofu - Page 1. <https://www.soyinfocenter.com/HSS/tofu1.php>



This workbook is made possible in part with funding from the North Dakota Soybean Council. www.ndsoybean.org

NDSU Extension does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names. NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons.

For more information on this and other topics, see www.ndsu.edu/extension

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsu.eoaa@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881. 12M-6-22