

QSSB Health and Nutrition Outreach

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Add Soy to the Grill This Summer

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When most people think of summer grilling, they think of traditional burgers and hot dogs. While we're all for a tasty burger, you may want to kick things up this summer with some soy delicious ideas.

But first, let's dive into why we should consider serving soy. Soy foods offer a variety of health benefits. Soy can provide protein, fiber, vitamins, and minerals, including iron, calcium, and omega-3 fatty acids.

Heart Health:

Consuming soy may lower cholesterol (particularly LDL (bad) cholesterol) as it is naturally low in saturated fat and free of cholesterol, making it a heart-healthy choice. Its beneficial effects on cholesterol are attributed to its high fiber content and the presence of isoflavones, which are plant compounds with antioxidant properties. (1)

Cancer Prevention:

Some studies suggest that soy may help reduce the risk of certain cancers, such as breast and prostate cancer, due to its isoflavone content. The isoflavones in soy have been shown to have anti-cancer properties. (1,2)

Bone Health:

The isoflavones in soy may help maintain bone density and reduce the risk of osteoporosis, particularly in postmenopausal women. Fortified soy foods like soymilk and calcium-set tofu are a good source of calcium. (1)

Soy can be enjoyed on the grill (and the side) in various ways. Which one are you going to try first?

Edamame:

- Toss edamame pods in a bit of soybean oil and salt, then grill them until they are slightly charred. They make a great appetizer or side dish.

Miso Glaze:

- Miso— a fermented paste made from soybeans— can add depth and earthiness to any dish, and it is a great addition to marinades and glazes. Whisk together a few spoonfuls of miso with some oil and a little bit of sugar or honey, then brush on salmon, chicken, steak, or pork chops while grilling.

Soybean Oil:

- Soybean oil can be used in marinades and sauces for your meats. You can also toss vegetables like summer squash or corn in soybean oil to help them crisp up and keep them from sticking to the grill grates.

Soy-Based Burgers:

- Use soy-based patties or make your own using textured vegetable protein (TVP). Grill the patties until they are heated through and have grill marks.

Tempeh Skewers:

- Slice tempeh into cubes, marinate them, and thread onto skewers with vegetables like bell peppers, onions, and cherry tomatoes. Grill until the tempeh is browned and the vegetables are tender.

Tofu Steaks:

- Cut firm tofu into thick slices, marinate them with your favorite sauces or seasonings, and grill until they have nice grill marks and a slightly crispy texture.

These options provide a variety of flavors and textures that can appeal to different tastes while offering the health benefits of soy.

References:

1. <https://www.frontiersin.org/articles/10.3389/fnut.2022.970364/full>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7766685/#:~:text=9%2C10%5D.-,The%20most%20significant%20food%20source%20of%20isoflavones%20in%20humans%20is,fruits%20and%20vegetables%20%5B11%5D.>



Author bio:

Julie Lopez, RD, is a registered dietitian and chef nationally recognized as a food and nutrition expert. Julie's passion is to educate others about nutrition through food and giving them the tools they need to build confidence in the kitchen.

She is the creator and owner of ChefJulieRD.com, where she serves as a culinary nutrition consultant, spokesperson, recipe developer, educator, and culinary instructor. Julie works with food companies, brands, and commodity boards developing recipes and culinary nutrition communication strategies. She published her first cookbook "The Healing Soup Cookbook" in 2019. Her latest venture is launching the Virtual Teaching Kitchen, providing free virtual culinary nutrition cooking classes.