

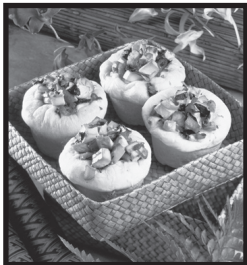
APRIL IS NATIONAL SOYFOODS MONTH

Dim Sum Baskets

Recipes provided by...

Soybeans

Nebraska Soybean Board



Quick Tip...

Add an Asian flavor to the table by mixing miso in your favorite salad dressing.

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INGREDIENTS...

- 6 Frozen yeast roll dough
- 3 tbsp Thinly sliced shallots
- 1 tsp Soybean oil (vegetable oil)
- 4 oz Tofu, diced 1/4-inch
- 3 tbsp Water chestnuts, drained and diced
- 1/3 cup Chopped fresh spinach
- 1 1/2 tsp Soy sauce
- 1/8 tsp Crushed red chili peppers

Place frozen yeast rolls in well-oiled muffin tins. Thaw and let rise at room temperature about 4 hours. Stir-fry shallots in oil. Stir in tofu and water chestnuts; stir-fry until thoroughly heated. Add spinach, soy sauce and chili peppers; mix well. Press centers of bread dough with thumb, leaving a large indentation in the center. Spoon 2 tablespoons stir-fry mixture in center of dough. Bake at 350°F 15 to 20 minutes or until dough is baked.

Makes 6 servings.

Per basket:

Calories:	138
Protein:	4.9 g
Carbohydrate:	20.8 g
Total fat:	3.8 g
Cholesterol:	12.3 mg
Sodium:	226 mg
Dietary Fiber:	1.6 g

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