



Soy and Spinach Artichoke Dip

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

Makes 12 servings. Each serving has 220 calories, 16 grams (g) fat, 11 g protein, 11 g carbohydrate, 2 g fiber and 440 milligrams sodium.

Using a mixer, beat tofu until smooth. Mix in cream cheese, mayonnaise and pepper in 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.



Silky Peanut Butter Pie

- 16 ounces soft (silken) tofu
- 1 c. creamy peanut butter
- $\frac{3}{4}$ c. sugar
- 2 Tbsp. soy milk
- 2 tsp. vanilla
- 1 premade pie crust

Combine the tofu, peanut butter, sugar, soy milk and vanilla in a food processor or blender and blend until smooth. Spoon into the pie shell. Refrigerate at least two hours and serve.

Makes eight servings. Each serving has 420 calories, 21 grams (g) fat, 11 g protein, 42 g carbohydrate, 3 g fiber and 210 milligrams sodium.



Crispy Parmesan Edamame

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

Preheat 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 refrigerator.

Makes three servings. Each serving has 240 calories, 17 grams (g) fat, 14 g protein, 11 g carbohydrate 5 g fiber and 125 milligrams sodium.

Berry Fusion Smoothie

- ½ c. 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 240 calories, 2.5 g (grams) fat, 5 g protein, 54 g carbohydrate, 3 g fiber and 70 milligrams sodium.



Cranberry Edamame *Salad*

- 1 (16-ounce) package frozen, shelled edamame
- ½ c. dried cranberries
- ¼ c. fresh basil leaves, sliced into thin strips
- 1 Tbsp. olive oil
- ½ c. reduced-fat feta crumbles
- Salt and pepper to taste

Bring small pan of water to boil and remove from heat. Put cranberries in water and let sit for five minutes to rehydrate. Drain well and pat dry with a paper towel; set aside. Cook edamame in boiling, salted water for five minutes. Drain and rinse under cold water to stop cooking. Pat dry. Toss edamame, cranberries, basil, olive oil and pepper together. Add salt if desired. Gently stir in feta cheese. Serve chilled or at room temperature.

Makes four servings. Each serving has 270 calories, 10 grams (g) fat, 17 g protein, 26 g carbohydrate, 7 g fiber and 240 milligrams sodium.



Edamame Bowtie Pasta

8 ounces 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 tsp. 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 Tbsp. olive oil and toss to coat. Add the Parmesan; toss again and season with salt and pepper to taste.

Makes four servings. Each serving has 290 calories, 15 grams (g) fat, 10 g protein, 33 g carbohydrate, 5 g fiber and 150 milligrams sodium.