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NDSCS Students Cook Up Winning Soy-Based Dishes



Two North Dakota State College of Science (NDSCS) culinary students earned top honors in the 2025 North Dakota Soybean Council's (NDSC) Soy Recipe Competition by creating dishes featuring soy-based ingredients.

Dakota Erickson of Alexander, North Dakota, took first place in the Entrée category with his Tofu Curry with Vegetables and Rice. Parker Ellingson of Bemidji, Minnesota, won in the Appetizer and Dessert category with Buffalo Chicken Dip and Pumpkin Snickerdoodles.

Both students received $800 scholarships for each of their winning recipes, awarded by the North Dakota Soybean Council in recognition of their creative soy-based dishes. The annual competition at NDSCS encourages culinary arts students to explore innovative ways to incorporate soy into everyday meals.

"The creativity these students demonstrated was outstanding," said NDSC Treasurer Dallas Loff of Wahpeton. "This competition pushes them to step outside their comfort zones and experiment with soy, helping them gain valuable skills for their careers. Supporting these students is an investment for NDSC and North Dakota soybean farmers."

Soy foods provide high-quality protein and are a sustainable ingredient for a variety of dishes. Shireen Alemadi, NDSC outreach director, stressed the competition's importance: "Soy is a nutritious ingredient key to global cuisines. This event gives future chefs hands-on experience with soy in innovative ways."

Linda Funk, executive director of The Soyfoods Council, praised the winning dishes: "It's exciting to see young culinary talent embracing soy creatively. Their recipes show how soy enhances flavor, texture, and nutrition in both savory and sweet dishes."

The NDSC is proud to support future chefs finding new ways to showcase soy's versatility and benefits.

"These students are the future of the culinary world, and understanding agriculture and plant-based foods like soy is essential," Funk added.

April is National Soyfoods Month. Soy protein is a high-quality, plant-based protein that is naturally low in saturated fat and cholesterol free. To learn more about adding soy to everyday meals, visit TheSoyfoodsCouncil.com and SoyConnection.com.

—Story and photos by staff

For more information and full recipes, scan the QR code.



Pumpkin Snickerdoodles



Tofu Curry with Vegetables and Rice



Buffalo Chicken Dip