



# MICROWAVE MINUTES

By JOYCE BATTCHER

When you think of soybeans, do you think of luscious strawberry pie and healthy crunchy granola?

February is Soybean Month in my home state of Minnesota. Even if it isn't in your state, I thought you'd like today's delicious and nutritious recipes.

Many food products are made with soybean oil. Soybean oil is low in saturated fat and has a unique balance of Omega-3 and Omega-6 fats, which tend to have a favorable effect on serum cholesterol (which is thought to reduce the risk of coronary heart disease).

But what, you ask, does strawberry pie have to do with soybeans? Notice that Frosty Strawberry Pie calls for a food not commonly found in pie. Soybean oil mayonnaise is in both the crust and in the filling. It adds a wonderful tang and helps make this an elegant-looking and supertasting pie. Besides, it's fun to serve because no one can guess what magic ingredient it contains!

Soybean oil is used in 90 percent of prepared salad dressings, so you shouldn't have trouble finding soybean oil mayonnaise for Frosty Strawberry Pie. Right now, you'll have to read the label to make sure, but the American

Soybean Association's new Soy-Mark (upright, thin yellow leaves against a round-cornered green square) soon will be on foods made with soy oil.

As for finding a salad or cooking oil made from soybeans to use in Soybean Nuts and Soybean Granola, again, you won't have much trouble. About 80 percent of salad and vegetable oils are made with soy oil. But read the label to make sure.

Soybean Nuts add extra crunch and protein to Soybean Granola. I was always curious about making those trendy Soybean Nuts, which are so expensive to buy in health food stores. I knew they were more nutritious than many other snacks, and I knew how good they tasted. But when I had lots of free soybeans around to experiment with, I only made soybean nuts twice. I deep-fat-fried them — my least favorite cooking method — so I never made them again. Now that I live in a large city, I had to go out and pay 99 cents a pound to do my experimenting. And, now that I've found how easy they are to make, I'll be making them again.

I found that microwave toasting the pre-soaked soybeans worked fine, but only if making a small

amount at a time. The microwave floor gets very hot during cooking, so it's wise to let the oven cool a bit before making additional batches. I've included directions below, but the most efficient and easiest way of "roasting" is in your conventional oven.

### Soybean Nuts

Rinse and drain soybeans (1 cup raw soybeans expands to about 2½ cups after soaking). Soak overnight, using 3 cups cold water for each cup of soybeans. If you're in a hurry, use the fast-soak method: Bring soybeans and water to a boil; boil 2 minutes and let stand 1 to 2 hours.

Drain soybeans; dry thoroughly by wrapping them in a towel. "Roast" them with either of the following methods. Be careful not to overcook. They continue browning after both baking and microwaving. After cooking, sprinkle soybeans with salt or other seasonings, if desired. Spread on paper towels to drain and cool. Store tightly covered in a cool place.

**Conventional oven:** This method is easiest for a large amount. Stir together soaked soybeans and 1 teaspoon soybean oil (for each cup of soaked soybeans) on a large cookie sheet. Bake at 350° F 50 to 60 minutes, stirring after each 15 minutes, or until soybeans are light golden brown.

**Microwave oven:** "Roast" no more than 2 cups at a time. Stop and let your microwave cool before cooking additional batches. For 2 cups of soaked soybeans: Combine soybeans with 1 teaspoon soybean oil in a microwavable and heat-proof glass 9- or 10-inch pie plate. Microwave (High), uncovered, 10 to 12 minutes, stirring after each 2 minutes, or until soybeans look slightly browned.

**Soybean Granola**  
 4 cups uncooked oatmeal (not instant)  
 1 cup wheat germ  
 1 cup roasted soybeans (see above)  
 1 cup sliced almonds or other nuts  
 1 cup sunflower nuts  
 ½ cup wheat-bran cereal  
 ¼ cup honey  
 6 tablespoons soybean oil  
 ½ teaspoon salt (optional)  
 2 teaspoons vanilla

Combine oatmeal, wheat germ, soybean nuts, almonds, sunflower nuts and wheat-bran cereal in a microwavable 9x13- or 8x12-inch dish; set aside.

Place honey, soybean oil and salt, if used, in a microwavable 4-cup measure. Microwave (High) 1½ to 2½ minutes. Mixture should boil for about 30 seconds. Stir in vanilla.

Pour over dry ingredients in dish; mix until well moistened. Microwave (High) 8 to 10 minutes or until mixture is steaming and slightly toasted, stirring well after each 2 minutes. Watch carefully toward end of cooking so it doesn't burn. Pour onto large cookie sheet and cool completely, stirring several times. Granola will become crisp as it cools. Store in airtight container in refrigerator. Makes 8 cups.

**Hint:** Stir at times indicated, or granola will burn in spots, especially toward end of cooking. To stir, move outside edges of mixture to center and center parts to outside edges.

Each ½ -cup serving: 311 calories, 11g protein, 17g fat, 33g carbohydrate, 19mg sodium, 0 cholesterol.

### Frosty Strawberry Pie

1½ cups cinnamon graham cracker crumbs (about 8 whole crackers, finely crushed)  
 ¼ cup low-calorie soybean oil mayonnaise  
 ½ cup low-calorie soybean oil mayonnaise  
 2 tablespoons slightly thawed frozen lemonade concentrate  
 1 package (10 ounces) frozen

strawberries with sugar, thawed 1 pint (2 cups) regular or low-calorie vanilla ice cream

Mix crumbs and ¼ cup low-calorie soybean oil mayonnaise until well combined. Pat mixture evenly into bottom and sides of a microwavable 9-inch pie plate. Microwave (High) 1½ to 2½ minutes, rotating plate once. When done, crust will feel firm in most spots. Chill well before filling.

Using electric mixer, beat together ½ cup low-calorie soybean oil mayonnaise and lemonade concentrate until smooth. Add strawberries and beat until strawberries are crushed and no white specks of mayonnaise remain. Add ice cream and beat just until combined. Pour into cool crust and freeze until firm. Makes on 9-inch pie (6 to 8 servings).

**Hint:** To partially thaw strawberries, remove strawberries to a microwavable dish. Microwave (High) 1 minute; break apart with a fork. If ice cream is very hard, microwave 2 cups for about 30 seconds or until slightly softened, but not melted.

Each serving — ¼ of pie, made with regular ice cream: 253 calories, 3g protein, 11g fat, 73g carbohydrate, 265mg sodium, 13mg cholesterol.

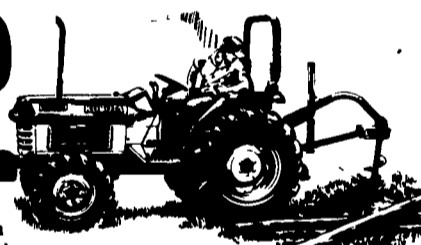
**Hint:** To make crust the easy way, use your food processor. Place broken-up crackers in dry work bowl fitted with knife blade. Process with on-off pulses until fine crumbs form. Add mayonnaise and process with on-off pulses until well-mixed.

### Questions for Joyce?

Do you have a question about microwave cooking? Send it to Microwave Minutes, % Extra Newspaper Features, P.O. Box 6118, Rochester, Minn. 55903. Please include a self-addressed, stamped, business-size envelope.

Recipes in this column are tested in 600- and 650-watt microwave ovens. With an oven of different wattage output, timings may need slight adjustment.

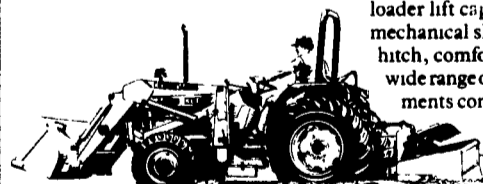
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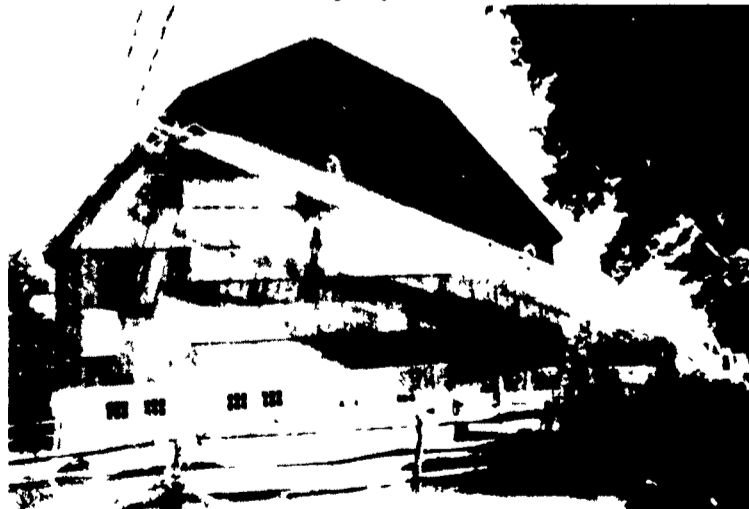
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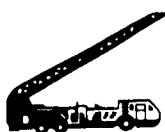
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## Guide Aims To Increase Veal Sales

A cutting and merchandising brochure has been developed by the Veal Committee of the Beef Industry Council (BIC) to provide retail meat cutters with new ideas to increase veal sales.

The flip chart brochure, "Veal Variations: New Cutting and Merchandising Ideas," is designed to help retailers offer customers a wider selection of veal cuts. It shows there's an alternative to the \$9 per pound cut. Half the cuts in the brochure can be merchandised for under \$5 per pound.

The back page of the brochure contains basic veal information retailers can pass on to their customers, including nutritional facts, refrigerator and freezer storage guidelines and cooking tips.