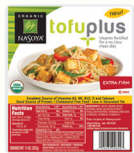




join in!



Tofu

- Made with whole soybeans
- Organic and all natural
- Check out new Tofu Plus!



Super Hummus

- Taste of hummus with whole soybeans
- Twice the protein and half the fat*
- Classic Original and Spinach Garlic
- Find it next to our tofu



Asian Style Pasta

- All natural wraps and noodles
- Easy, creative meal solutions
- Fresh, refrigerated - recipe ready



Nayonaise

- Egg-less, soy based spread
- All Natural
- Healthy alternative to mayonnaise

*as the leading brand of hummus

Easy recipes and tips at nasoya.com!

Egg Rolls

- 1 pkg Nasoya® Egg Roll Wraps
- 1 lb lean ground pork
- 1 tsp minced ginger
- 2 cups cabbage, finely chopped
- 1/4 lb bean sprouts
- 1/2 cup carrot, shredded
- 3 green onions, finely chopped
- 2 tbsp oyster sauce



Canola oil if frying
Non-stick cooking spray if baking
Olive oil as needed if baking,
optional Sauce for dipping

Stir-fry meat and ginger in skillet over high heat until lightly browned, 2-3 minutes. Add cabbage, bean sprouts, carrots and green onions; cook 2 minutes. Stir in oyster sauce. Let mixture cool. Use 2 tbsp filling for each egg roll. Fold bottom corner over filling, then fold in side corners. Brush top corner with water and roll up wrap tightly to enclose filling, sealing roll with top flap.

Frying Option: In a large skillet, heat oil to 350° F and place rolls flap down, a few at a time, turning occasionally, until golden, 2-3 minutes. Drain on paper towels.

Baking Option: Heat oven to 400° F. Place rolls on a baking sheet coated with non-stick cooking spray. Lightly brush the tops with olive oil and bake until golden brown, about 10-12 minutes.



Crab Rangoon

- 1 pkg Nasoya® Won Ton Wraps
- 1 8-oz pkg cream cheese
- 1 clove garlic, chopped
- 2 green onions, chopped
- 1 cup crabmeat
- 1 tbsp soy sauce
- 1 tbsp olive oil
- Asian dipping sauce



Canola oil if frying
Olive oil as needed if baking
Non-stick cooking spray if baking

Heat olive oil in large skillet over medium-high heat. Sauté garlic and onion for 2 minutes. Let cool. In a bowl, combine the garlic, onion, 1 tbsp soy sauce, crab meat and cream cheese. Take one won ton, place 1 tsp mixture in middle of wrap, fold in half, brush edges with water or egg wash and press to seal. Bring corners together. Overlap corner and brush with water to seal. Repeat with remaining wraps.

Frying Option: In a large skillet heat oil to 350° F. Fry 4-6 won tons at a time turning once for 1 minute or until the edges are brown. Drain on paper towel. Serve while warm with dipping sauce.

Baking Option: Heat oven to 425° F. Place rangoons on a baking sheet coated with non-stick cooking spray. Lightly spray won tons with cooking spray and bake for 8-10 minutes, until lightly browned. Serve while warm with dipping sauce.



Dumplings

- 1 pkg Nasoya® Round Wraps
- Canola oil for cooking
- 1 cup water as needed
- Asian dipping sauce



Filling:

- 4 cups shredded Napa cabbage
- 1 tbsp green onions, minced
- 1/4 cup water chestnuts, chopped
- 1 lb ground pork
- 1 tbsp soy sauce
- 1/2 tbsp ginger, freshly grated
- 1 tsp sesame oil
- 1/2 tsp of salt

In a large bowl, combine filling ingredients. Place wrap on work surface and drop one heaping tsp of filling in the center. Moisten edges with water using your finger tip and fold the dumpling in half and pinch to seal, creating a ripple pattern along the edge by pinching and gently pushing together small segments of it. Repeat with remaining dumplings.

In a large skillet heat 1 tsp of Canola oil over medium heat. Place dumplings in skillet without touching one another. Cook for 4 minutes; until lightly browned on the bottom. Pour in 1/4 cup of water, cover with lid and cook until the water cooks off; about 5 minutes. Flip and cook for 4 minutes; until lightly browned. Cook the remaining dumplings the same way. Serve the dumplings hot with dipping sauce.



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