



Making Food Choices for the Results You Want

BYTES OF WISDOM FROM HCC NUTRITION

## All About Tempeh

February 10<sup>th</sup> 2016

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A few years back I did [a blog](#) about my love for tofu, so I feel I am way past due for a blog on tempeh. Tempeh is like tofu's hippy cousin- more fiber, and fermented. Tempeh doesn't seem to get the same recognition that tofu does, which seems odd to me considering tempeh is more nutritious than tofu!

### What is it?

Tempeh is basically split soybeans that are fermented with a specific culture. It has a great nutty flavor and firm toothsome texture (unlike tofu).

The fermentation process also gives tempeh a nutritional boost making many of the nutrients more absorbable. And since it is made from whole soybeans it is rich in fiber, protein, and phytonutrients too. A 4 oz. serving contains 11 grams of fiber and around 20 grams of protein! It is also a rich source of B Vitamins, iron, calcium, zinc, magnesium and other nutrients.

### Varieties

There are many varieties of tempeh, including sprouted, smoked, and with different grains added like brown rice, barley or millet. Some are also already flavored.

I tend to prefer the unflavored varieties so that I have complete control over how I flavor them. Some of the already flavored tempeh seems to be very, very, salty. There are also locally made varieties that are even tastier! Check out your local natural food store, either the produce section or in the freezer section.

### What to do with it

I love cooking with tempeh because it cooks up quickly, and easily takes on whatever seasonings you're using. You can prepare tempeh in a lot of different ways: cube it for stir fry's, crumble for chili's or sloppy joes, grill it, bake it, etc. My go-to way is to slice it, marinade it and quickly sauté it. You can put this in salads, sandwiches or just toss it on a plate with your vegetables and nutrient dense carbohydrate.