

Lemon Sesame Marinated Tempeh

Recipe Adapted from: Vegan Vittles by Joanne Stepaniak

Makes 2 Servings

Ingredients

3 Tablespoons reduced sodium tamari or soy sauce
2 Tablespoons fresh lemon juice
1 Tablespoon toasted sesame oil
2 cloves garlic
¼ teaspoon ground ginger
8 oz Tempeh
1-2 teaspoons olive oil or coconut oil (for sautéing)

Directions

1. Whisk the first 5 marinade ingredients together in a shallow dish. Slice the tempeh into about ½ inch slices and place in the dish, turning each piece so it's well coated. Cover and let marinate in the refrigerator for at least 2 hours, occasionally turning.
2. Heat a medium to large skillet over medium heat, add oil and sauté tempeh until browned on both sides.
3. Serve warm or room temperature. Enjoy!

Nutrition Information per Serving: 280 calories, 12g fat, 2g saturated fat, 0mg cholesterol, 710mg sodium, 12g fiber, 24g protein

