

Recipe – Marinated Tempeh and Greens

Ingredients:

- 3 T Tamari
- Splash of rice vinegar
- 2 T minced shallots
- 1 tsp dark sesame oil
- 1 ½ pound soy tempeh, cut into bite-sized pieces
- 1 T Olive Oil

Greens:

- Olive oil to coat the pan
- ½ t salt
- 2 bunches greens

Remaining Ingredients:

- 1 T honey or use a few drops stevia
- 2 T Tamari
- 3 T Water
- Juice of one lime
- 1 T olive oil
- 2 medium red onions, thinly sliced
- 3 T chopped garlic
- 2 cups loosely packed fresh Thai basil leaves or coarsely chopped sweet basil
- 4 ½ cups hot cooked basmati rice

Directions:

To prepare tempeh, combine first 4 ingredients, stirring with whisk. Add tempeh, turning to coat. Let stand at room temperature 20 minutes to 4 hours, turning once. Remove tempeh from marinade, discard marinade.

Heat olive oil in a wok or frying pan over medium-high heat. Add tempeh; sauté 2 minutes. Remove tempeh from pan.

To prepare greens, heat olive oil in pan over medium-high heat. Add greens, then 1 ½ tablespoons sake and salt. Stif-fry 1 minute or until greens wilt. Remove from pan with a slotted spoon.

Combine honey or stevia, 3 tablespoons tamari sauce, water, and juice; set aside. Heat 1 tablespoon olive oil in pan over medium-high heat. Add onion and garlic; stir-fry 3 minutes or until onions are tender. Add tempeh, honey mixture, and basil, stirring to combine. Cook 2 minutes or until heated, stirring frequently. Spoon tempeh mixture in the center of a serving platter; arrange greens around tempeh. Serve with brown rice or quinoa.

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