



## Spring Recipe II

### Sandwiches: Braised Tempeh and TLT (Tempeh Bacon, Lettuce & Tomato)

#### Basic Braised Tempeh

Makes 2 or 4 cutlets

2 teaspoons olive oil (or Spectrum's blend of canola and olive oils for high heat cooking)  
8-ounce package tempeh, cut through lengthwise to make 2 thin slabs, then crosswise to size of bread (or round for burger buns); Brands I prefer are Wildwood and Lightlife.

1/2 cup water

2 teaspoons natural soy sauce or tamari (wheat-free soy sauce)

1 clove garlic, pressed

1. Heat oil in a pan that will accommodate tempeh slices. Add tempeh and cover to brown on one side, 3 to 5 minutes. With a spatula, turn over tempeh slices.
2. Mix remaining ingredients and pour over tempeh. Put cover on quickly as liquid may spatter. Cover to cook until liquid is absorbed, 10 to 15 minutes.

*Variations:* Tempeh takes on flavors well, so substitute any seasonings you might otherwise use with chicken. Substitute 2 tablespoons citrus juice (lemon, lime or orange) or 1/4 cup salsa for that amount of water. Add freshly grated ginger, or olives and capers, and fresh or dried herbs such as rosemary, basil, cilantro or mint.

For 3 servings, per serving:

Calories: 173 Protein: 12gm Saturated Fat: 0.9gm Fiber: 6gm Carbohydrates: 18gm Fat: 6gm

Cholesterol: 0 Sodium: 169mg

Calories from Protein: 27% Calories from Fats: 31% Calories from Carbohydrates: 42 %

*Note:* Tempeh naturally contains 20% calories from fat. With 1 tablespoon oil, fat content is 36%. With 2 tablespoons oil, the amount called for in most tempeh recipes, 47% calories come from fat.

#### Braised Tempeh Sandwich

See the following recipe, substituting *Braised Tempeh* for tempeh bacon.

#### TLT-Tempeh Bacon, Lettuce & Tomato Sandwich

Makes 1 sandwich

*Tempeh Bacon:*

1/4 teaspoon olive oil (or Spectrum's blend of canola and olive oils for high heat cooking)

2 strips tempeh bacon, halved crosswise (Lightlife brand)

Freshly-ground pepper

*Sandwich:*

2 slices whole grain sandwich bread, plain or toasted (Alvarado St. Bakery, Sprouted Whole Grain Sourdough Bread) OR Food for Life Brown Rice Bread

2 teaspoons gluten- and egg-free/vegan mayonnaise (Spectrum Light Canola Mayo, Nasoya)



Original Vegi-Based Sandwich Spread, or Follow Your Heart Organic Vegenaïse)

Mustard

1 lettuce leaf, baby salad greens, or arugula or watercress

1 slice tomato

*Optional ingredients:* red onion, unpasteurized/raw sauerkraut (Cultured or Farmhouse Culture brands) or thinly sliced dill pickle (Bubbies brand)

1. Heat oil in a small skillet. Add tempeh slices and sprinkle with pepper. Brown quickly on both sides. Assemble sandwich.

Calories: 232 Protein: 12gm Saturated Fat: 1gm Fiber: 6gm Carbohydrates: 34gm Fat: 8gm

Cholesterol: 0 Sodium: 662mg

Calories from Protein: 19% Calories from Fats: 28% Calories from Carbohydrates: 52%