



Tempeh and Veggie Kebobs

Kebobs are so much fun to make and to eat. In the summer, if you have an outside grill, cook them there. For those of you in apartments like me, you can either buy a grill for your stovetop, or even easier, stick them in the oven. They're delicious any way! Other vegetables that work well on here are yellow or green squash, broccoli and eggplants, and if you want a real treat, try some grapefruit on your skewers. One note: the marinade proportions are meant as rough guidelines—feel free to be creative, adding and subtracting ingredients such as fresh herbs, or a squeeze of orange and lemon, until it suits your tastes.

Anticancer Phytonutrients Found in this recipe.....

Beta-carotene, Alpha-carotene, Lutein (Zeaxanthin), Lycopene, Allyl sulfides, Quercetin, Genistein, Daidzein, Glucosinolates, Sulfur compounds

Ingredients

For tempeh:

3 tablespoons shoyu
1 teaspoon mirin
1 teaspoon maple syrup
4-5 slices of fresh ginger
1 clove garlic, sliced
3 cups water
1 package tempeh, any type, cut into 1-inch cubes

For vegetables:

4 tablespoons extra virgin olive oil
3 tablespoons shoyu
1 teaspoon mirin
1 teaspoon maple syrup
4-5 slices of fresh ginger
½ pint cherry tomatoes
½ pineapple, cut in 1-inch dice
1 pepper, any color, cut in 1-inch dice
2 small onions, cut in 1-inch dice
½ pound fresh shitake mushrooms, halved
Equipment: wooden kebob skewers, soaked for 30 minutes so they don't splinter or burn

Procedure

1. Assemble the marinade for the tempeh in a pot and simmer for 25 minutes. When done, let sit in marinade until ready to use. –ADD Tempeh to pot
2. In the meantime, assemble all the ingredients for the vegetables in a large bowl and toss well so that all the vegetables are fully coated with the marinade. The veggies can stay in their marinade for at minimum 30 minutes and maximum a couple of hours.
3. When you're ready, put the tempeh and veggies on the skewers, creating fun patterns!

4. Cook in a 350 degree oven for about 30 minutes, until the onions and peppers are tender but still a bit crisp; then turn the oven up to broil for about five minutes so the tempeh has a chance to crisp. Alternately, put on the grill for about 10 minutes, turning frequently.

Note: If you like your tempeh extra crispy, cook it in the marinade and then pan fry it in olive oil before putting in on the skewers. Sauté your green peppers and onions as well so the cooking times will correspond.

Basic Nutrition Profile for One Serving (1 kebab):

Kcal	204 kcal
Protein	15 grams
Carbohydrate	28 grams
Fat	0 grams
Saturated Fat	0 grams
Monounsaturated Fat	0 grams
Polyunsaturated Fat	0 grams
Fiber	6 grams

This recipe is a great source of.....

Potassium	361 milligrams
Vitamin A	493 international units
Vitamin C	56 milligrams
Vitamin D	60 international units
Folate	25 micrograms
Biotin	3 micrograms
Vitamin K	4 micrograms

Also has a full-range of B-vitamins