



Tempeh with Avocado Spread, Raw Red Peppers and Sprouts

To make sandwich: Put avocado spread on a slice of good, whole-grain bread. Layer tempeh, a few slices of raw red pepper and some broccoli sprout (Avoid bean sprouts when making this recipe (alfalfa sprouts) with this recipe). Top with another slice of bread and enjoy.

Tempeh

This is a basic method for cooking tempeh. It is wonderful in sandwiches, stir-fries, kebobs, salads or if you cut it into thin strips, as a crunchy snack all by itself.

1 package tempeh, any type, cut into three squares
3 tablespoons shoyu (naturally fermented soy sauce)
1 teaspoon maple syrup
4-5 slices of fresh ginger
3 cups water
extra virgin olive oil, enough to coat pan
salt

1. Combine tempeh, shoyu, syrup, ginger and water in a pot. Bring it to a boil, then reduce to a gentle simmer and cook for 20 minutes.
2. Drain tempeh, discarding liquid. Cut each tempeh square into *two thin slabs*.
3. In a non-stick skillet, heat olive oil (use enough to evenly coat the bottom of the pan).
4. Cook the slabs of tempeh in the pan one or two at a time, making sure to get both sides brown and crispy. Sprinkle salt on each one as it cooks.
5. Transfer to a dish with a paper towel that will absorb any excess oil.

Avocado Spread

1 ripe avocado
½ lime
salt

Scoop out the inside of the avocado with a spoon. Put it in a bowl, and immediately squeeze lime juice over it to keep it from turning brown. Add salt and mash.