

BUFFALO TEMPEH



INGREDIENTS:

- 6 oz tempeh
- 1/2 cup buffalo sauce

DIRECTIONS:

- 1) Slice tempeh into strips
- 2) Place tempeh on a pan with enough water to cover it halfway
- 3) Turn stove to medium heat, allow the tempeh to steam* until water fully evaporates, flipping tempeh so both sides steam well
*This step is important as it will remove some of the natural bitter taste of tempeh
- 4) Toss steamed tempeh on the buffalo sauce and allow to marinate overnight.
- 5) Preheat oven to 350F
- 6) Place tempeh on a baking sheet with parchment paper
- 7) Bake for 10 minutes, flip and bake for an additional 10 minutes

Enjoy!

Makes 2 Servings | 1 Serving 3 oz
Calories: 186 | Protein: 17 g | Carbs: 7 gm | Fat: 12 g