



Orange Glazed Tempeh

4 servings, 3 slices each

- 1 package tempeh, poached and sliced into thin bite-sized pieces
- ½ cup freshly squeezed orange juice
- 1 teaspoon freshly grated ginger or ¼ teaspoon ground ginger powder
- 1 tablespoon tamari sauce
- 1½ tablespoons mirin or white wine
- 2 teaspoons maple syrup (grade B)
- 1-2 tablespoons olive oil

Poach tempeh in simmering water about 6 minutes, remove and pat dry. Stir together orange juice, ginger, tamari sauce, mirin and maple syrup. Heat pan; add oil and prepared tempeh. Fry until golden, turn and cook until other side is golden. Pour sauce over tempeh and cook until reduced and thick like a glaze.

Per Serving:

- 249 Calories
- 12 gm Total Fat
- 2 gm Saturated Fat
- 410 mg Sodium
- 20 gm Carbohydrate
- 3 gm Fiber
- 17 gm Protein