

Recipes

by

Wellness Plus Members

Tempeh Salad

Ingredients

- 1 8 oz package tempeh
- ¼ cup vegan mayo
- 1/8 tsp. celery seed
- 1 tbsp. pickle relish
- 1 tbsp. Bragg Amio or soy sauce, low salt
- 1 tsp. lemon juice
- 1 tbsp. Dijon mustard
- ¼ cup chopped onion, carrots and red pepper
- ¼ tsp. dill weed

Procedure

1. Preheat oven to 450 deg.
2. Spray a baking dish.
3. Boil tempeh covered with water, boil and simmer covered 10 min.
4. Drain.
5. Brush both sides of tempeh with Braggs or soy sauce.
6. Bake 30 min, 15 on each side.
7. Put in a food processor and pulse until a tuna like consistency or chop by hand.
8. Mix all ingredients.

Source: Pam Popper; Recipe supplied by Judy Filipkowski