



Recipes

Tofu and Tempeh

Marinated Tempeh

Prep Time: 5 minutes

Marinade Time: 30 minutes hours

Cooking Time: 10 minutes

Yield: 2 servings

Ingredients:

- 1 8-ounce package tempeh
- 1 tablespoon ginger juice
- 1 tablespoon tamari
- 1 teaspoon prepared mustard
- 2 tablespoons water

Directions:

1. Cut tempeh into quarters and then again into eighths.
2. Combine ginger juice, tamari, mustard and water and pour over tempeh.
3. Cover and refrigerate for at least 30 minutes.
4. Bake at 350 degrees for 20 minutes and then turn and bake for another 15 minutes.