



# Recipes

## Tofu and Tempeh

### Tasty Tempeh Sandwich

*Prep Time: 5 minutes*

*Cooking Time: none*

*Yield: 1 serving*

**Ingredients:**

2 slices whole grain sourdough bread

3 tablespoons mustard

3 tablespoons sauerkraut

Cooked marinated tempeh slices

½ cup blanched mustard greens, or other greens of your choice

**Directions:**

1. Spread each slice of bread with a thin layer of mustard.
2. Place sauerkraut, tempeh and greens between bread slices and enjoy.

**Note:**

- Use store-bought tempeh burgers to make it even easier.