



Recipes

Tofu and Tempeh

Tempeh Croutons

Prep Time: 10 minutes

Cooking Time: 45 minutes

Yield: 4 servings

Ingredients:

1 package tempeh

½ cup olive oil

½ cup apple cider vinegar

2 tablespoon shoyu

Directions:

1. Slice tempeh into bite-size cubes.
2. In a bowl, mix together the oil, vinegar and shoyu.
3. Add tempeh and mix well.
4. Place tempeh in a baking dish or on a cookie sheet and bake at 325 degrees until golden brown, about 45 minutes.
5. Let cool and serve in your favorite salad.