



Recipes

Tofu and Tempeh

Tempeh Reuben Sandwich

Prep Time: 10 minutes

Cooking Time: 10 minutes

Yield: 2 servings

Ingredients:

- 4 slices whole grain bread
- 2 tablespoons Russian dressing (see sauces and dressings section)
- 1 recipe marinated tempeh (see above)
- 3 tablespoons sauerkraut
- 2 slices Swiss cheese
- 2 teaspoons olive oil

Directions:

1. Spread Russian dressing on two slices of bread.
2. Top each slice with half of the tempeh, sauerkraut, cheese and then another slice of bread.
3. Heat olive oil in a large pan and fry sandwich on each side 2-3 minutes until cheese melts and bread is a little browned.