

5 SPICE TEMPEH LETTUCE WRAPS



DIFFICULTY

EASY



TIME

20 MIN



SERVES

2-4

INGREDIENTS

1 package Tempeh (I use the West Soy organic) cut into small cubes (about ¼" thick)
1 Tbsp Olive or Coconut Oil
2 cloves Garlic, minced (about 2 tsp)
2 tsp minced Ginger Root, minced
10-12 small Shiitake Mushrooms, stems removed and thinly sliced (about 1 Cup) or 1 package Beech Mushrooms or 2 Cups sliced Mushrooms
1 Tbsp Maple Syrup
1 tsp 5 Spice Powder
1 Tbsp Rice Wine or Cider Vinegar
3 Tbsp Tamari (wheat-free soy sauce) or Soy Sauce
1 tsp Sesame Oil
2 Tbsp each Cilantro Leaves and Sliced Green Onions
8 each Butter or Iceberg Lettuce Leaves
Shredded Carrot and additional Cilantro Leaves & Sliced Green Onions
1 tsp Black Sesame Seeds (optional)
Sriracha (sweet Asian chili sauce) and Chopped Peanuts (optional)

DIRECTIONS

1. Heat Oil and Add Shiitake Mushrooms and cook until soft. Add a little more water if they start to stick to bottom of pan
2. Add Tempeh and 4 cup water. Cook until water is almost reduced to nothing
3. Add Garlic and Ginger. Saute 2 minutes.
4. Add 5 spice powder, Chili flakes, Coconut Sugar, Vinegar, Tamari and Sriracha to taste
5. Cook another 1 minute or until liquid reduces slightly
6. Turn off heat and stir in Sesame Oil
7. To serve, spoon some of the Chicken mixture onto each lettuce leaf
8. Garnish with Shredded Carrot, Cilantro, Green Onion Sriracha, Sesame Seeds and Peanuts

NUTRITION FACTS PER SERVING

Calories: 388 Fat: 16.6g (Saturated Fat: 2.1g) Carbohydrates: 42.6g Fiber: 13.3g Sugar: 7.1g Protein: 21.1g



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