



## ASIAN TEMPEH LETTUCE WRAPS

### With Peanut Sauce

By Dr. Cindy Tanzar  
(Vegan/Vegetarian plan)

This recipe is quite delicious and a great protein choice for our vegan/vegetarian clients. Those on the standard weight loss plan can also modify the recipe by using ground turkey or chicken instead of tempeh, along with the almond butter sauce. It really is a fun, fresh and tasty meal. Since tempeh will absorb the broth, a serving will not weight 3 oz after cooking, so weigh out 3.5-4 oz. One 8-oz block of tempeh contains 2.5 servings of protein, so you will have two full protein servings and 1/2 of another protein serving that you will need to supplement. The vegetables you use will be raw, so two cups are needed overall, including the lettuce (you can estimate one lettuce wrap to be 1/2 a cup, depending on its size).

Makes 2.5 servings.



### INGREDIENTS (vegan/vegetarian)

- 8 oz block organic tempeh (we use Lightlife)
- 1 cup vegetable broth
- 1 tsp. Tamari or coconut aminos
- 1 tsp. Lakanto maple syrup or 1/4 tsp. pure maple extract



1/4 tsp. ground coriander (can sub curry or garam masala)  
1/8 tsp. garlic powder  
1/8 tsp. red pepper flakes, to taste (optional)  
Thinly sliced red cabbage, green cabbage, red/orange/yellow bell pepper, green onions or any veggies you prefer  
Lettuce leaves for a wrap

### **CREAMY PEANUT SAUCE** (vegan/vegetarian)

1/4 cup creamy peanut butter (no sugar, just nuts/salt)  
1/4 cup water  
1 Tbsp white or rice vinegar  
1 Tbsp Tamari or coconut aminos  
1 Tbsp Lakanto maple syrup or 1/8 tsp pure maple extract  
1/2 tsp. toasted sesame oil

Mix all the ingredients together in a small bowl or measuring cup until smooth and creamy. You may need to add water (1/2 tsp. at a time) to get the consistency you like due to your brand of nut butter.

The recipe can be doubled for extra to be used as a salad dressing, dip for veggies or drizzled over zucchini noodles. Serving size is 2 Tbsp and covers your fat per serving.

### **INSTRUCTIONS (for tempeh)**

Break tempeh into small chunks and place in a food processor to blend for 5-7 seconds or until tempeh is in very small pieces. You can also finely chop the tempeh, as well.

In a bowl, mix the vegetable broth, Tamari, Lakanto maple syrup, coriander, garlic and red pepper flakes.

Heat a non-stick skillet over medium heat. Add the tempeh and broth mixture. Cook for 8-9 minutes, stirring occasionally, until the liquid is completely absorbed.

Assemble two lettuce wraps by filling with tempeh and your choice of chopped raw veggies. Drizzle each wrap with one Tbsp peanut sauce.