



## TERIYAKI TEMPEH

By Dr. Cindy Tanzar  
(Vegan/Vegetarian recipe)

This is a very flavorful and easy recipe for our vegan and vegetarian clients. Tempeh provides density, structure and high-quality protein to this dish. The nutritional yeast also provides a boost of protein and B-vitamins, as well. Non-vegans can always substitute the tempeh for ten ounces of thinly sliced sirloin, as the nutritional yeast flavor is toned down in this recipe. To serve over cauliflower rice, use 1/2 cup of cooked rice and 1/2 cup of the cooked broccoli.

This recipe makes three servings. One serving covers your protein, vegetable and fat for one meal.



### INGREDIENTS

- 2 Tbsp avocado oil, or more as needed
- 1 8-oz package tempeh, cut into 1/4-inch strips (we used Lightlife Original)
- 1/4 cup nutritional yeast flakes
- 2 cups broccoli florets
- 4 cloves garlic, minced (jar garlic is fine)

### Teriyaki Sauce

- 1-1/2 Tbsp extra virgin olive or avocado oil



1/4 + 1/8 cup “low sodium” Tamari/coconut aminos  
1 Tbsp Lakanto maple syrup or 1 Tbsp Swerve Brown or  
Lakanto Golden with 1/4 tsp pure maple extract  
3 cloves garlic, minced  
3/4-1 tsp fresh ginger (to taste)

## INSTRUCTIONS

First make the teriyaki sauce by whisking all the ingredients together in a small bowl. Set aside.

In a large skillet over low-medium heat, add 2 Tbsp of oil. When heated, add the tempeh strips and brown on both sides. You may need to add more oil.

Once browned, add nutritional yeast and teriyaki sauce and mix well to coat the tempeh.

Add the broccoli and garlic, simmering for 7-10 minutes, stirring as needed. If too much liquid is absorbed by the tempeh, you can add water (2 Tbsp at a time) to create more sauce.