

# The Healthy Cook

## Tempeh Taco Bowl

 SERVES 2

- 1 Tbs. + 1 Tbs. olive oil
- 1 8 oz. package tempeh, crumbled
- 1 white onion, finely chopped
- 2 tsp. chili powder
- 1 cup chopped tomatoes
- ½ tsp. kosher salt
- 2 cups shredded romaine
- 1 avocado, chopped
- a few tortilla chips
- 2 lime wedges



1. Heat 1 Tbs. of the oil in a large pan over medium heat until shimmering hot. Sauté the tempeh until lightly browned, 2-3 minutes. Remove from the pan.
2. Add the remaining 1 Tbs. of oil to the pan. Sauté the onion until softened, 3-5 minutes. Stir in the chili powder.
3. Add the tomatoes, salt, and ½ cup water. Simmer until the tomatoes break down, about 5 minutes. Stir in the tempeh.
4. Spoon the tempeh into bowls. Top with the romaine, avocado, chips, and a squeeze of lime.

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*Per serving (half the recipe):* calories 590 | total fat 36 g | sat fat 5 g | carbs 44 g | fiber 8 g | total sugar 8 g | added sugar 0 g  
protein 27 g | sodium 550 mg

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## Tempeh in Lettuce Cups with Peanut Sauce

 SERVES 2

- 2 Tbs. peanut butter
- 1 Tbs. reduced-sodium soy sauce
- 1 tsp. balsamic vinegar
- 1 tsp. minced ginger
- ¼ tsp. ground coriander
- ¼ tsp. crushed red pepper
- ¼ tsp. kosher salt
- 2 Tbs. grapeseed oil
- 1 8 oz. package tempeh, cut into strips
- 10 lettuce leaves
- 1 cup sliced cucumber
- 1 cup shredded carrot



1. In a medium bowl, whisk together the peanut butter, soy sauce, vinegar, ginger, coriander, crushed red pepper, and salt with 2 Tbs. of hot water.
2. Heat the oil in a large pan over medium heat until shimmering hot. Sauté the tempeh until lightly browned on both sides, 2-3 minutes.
3. Tuck the tempeh into the lettuce leaves. Spoon the peanut sauce over the tempeh. Top with the cucumber and carrot. Serve with extra crushed red pepper.

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*Per serving (half the recipe):* calories 490 | total fat 30 g | sat fat 4 g | carbs 29 g | fiber 4 g | total sugar 7 g | added sugar 1 g  
protein 28 g | sodium 580 mg