

Orange-glazed tempeh

🕒 35 mins | Yield: 4 servings | ★★☆☆☆

What You'll Need

- 1 4-ounce package tempeh, cut into 3/4-inch cubes
- 2 cups fresh squeezed orange juice
- 1/4 cup maple syrup
- 4 tsp soy sauce
- 1 tsp ground coriander
- 1 tsp ground ginger
- 2 carrots, peeled and cut into 1-inch pieces
- 1 Tbsp vegetable oil
- 4 cups cooked mixed wild and brown rice
- 2 Tbsp fresh cilantro, chopped

How to Make It

In a bowl, whisk together orange juice, maple syrup, soy sauce, coriander and ginger.

Simmer carrots in lightly salted water about 10 minutes or until tender; drain.

In another pot; boil tempeh in unsalted water 10 minutes; drain and pat dry.

In a large skillet, heat oil over medium heat. Add tempeh and brown on all sides. Add carrots and orange juice mixture and simmer until liquid is a syrupy glaze.

To serve, spoon tempeh and glaze over rice; sprinkle with cilantro.

Makes four servings of Chinese restaurant-style glazed tempeh.

Nutritional information, per serving:

Calories: 467

Total fat: 11 grams; 17% Daily Value

Cholesterol 0 Mg; 0%

Sodium 280 Mg; 12%

Carbohydrate 77 g; 26%

Dietary Fiber 9 g; 36%

Sugars 24 g; 2%

Protein 16 g; 31%

Vitamin A 100%; Vitamin C 105%; Calcium 8%;

Iron 15%

Need it to be a full vegetarian meal? Serve your Chinese-inspired tempeh "chicken" with:

- Chinese scallion pancakes
 - And the perfect white rice
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