

Tempeh Salad Veronique

Makes 6 Servings – Serving size: ½ cup

Ingredients:

2 cups vegetable broth
8 oz. Tempeh, ¼ inch slices
½ cup Vegan Mayonnaise
2 tablespoon Dijon Mustard
½ teaspoon Salt
¼ teaspoon Pepper
1 cup Red Seedless Grapes - quartered
1/3 cup Pecan or Walnut Pieces
½ cup Celery - fine dice
1/3 cup Onion - fine dice
½ cup Silken Tofu - small dice
1 tablespoon Fresh Parsley - chopped (substitute dry parsley if fresh is not available)

Procedure:

Put two cups of vegetable broth in small sauce pan and bring to a simmer, add sliced tofu and poach for 3 minutes. Remove, allow to cool for 5 minutes and cut into small dice. In large bowl combine vegan mayonnaise, Dijon mustard, salt, pepper and mix. Add Tempeh along with remainder of ingredients and lightly toss. Serve immediately or cover, date and refrigerate.

Nutritional Information per Serving:

Calories: 220	Sodium: 500mg	Sugars: 4g	Cholesterol: 30mg
Saturated Fat: 2g	Fiber: 1g	Protein: 14g	Carbohydrate: 7g



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