

Kale & Tempeh Salad

4 SERVINGS 25 MINUTES



INGREDIENTS

2 tbsps Coconut Aminos
1 tbsp Balsamic Vinegar
1 tsp Chili Powder
1/2 tsp Smoked Paprika
1/4 tsp Sea Salt (divided)
7 1/16 ozs Tempeh (cut into thin slices)
3 tbsps Lemon Juice
2 tbsps Water
2 tbsps Tahini
1/8 tsp Garlic Powder
8 cups Kale Leaves (finely chopped)
2 tbsps Hemp Seeds (optional)

NUTRITION

AMOUNT PER SERVING

Calories	200	Carbs	11g
Fat	13g	Protein	14g

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 In a zipper-lock bag or shallow bowl, mix the coconut aminos, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 03 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
- 04 Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
- 05 Divide the salad between bowls and top with tempeh and hemp seeds. Enjoy!