

GINGER AND BROCCOLI STIR FRY WITH TEMPEH



DIFFICULTY
EASY



TIME
25 MIN



SERVES
4

INGREDIENTS

- 3 Tbsp cooking oil, divided
- One 8 ounce package of tempeh, cut into ½ inch cubes
- ½ onion, thinly sliced
- ½ red bell pepper, thinly sliced
- ½ tsp 5-spice powder
- 4 cups broccoli florets
- 2 cloves garlic, minced (about 2 tsp)
- 2 Tbsp grated or minced ginger root
- 1 tsp toasted sesame oil
- 1 tsp Sriracha (optional)
- 1 Tbsp low sodium soy sauce or tamari
- ½ tsp ground white or black pepper
- ¼ cup green onions, thinly sliced, plus more for garnish
- Sesame seeds, for garnish

DIRECTIONS

1. In a wok or large sauté pan, heat 2 Tbsp of the oil. Cook the tempeh until browned, about 5 minutes.
2. Add the remaining oil. Add the onion, peppers, 5-spice and broccoli florets until slightly tender, about 5 minutes. Add the ginger and cook another minute. Add the garlic and cook 30 seconds. Stir in the sesame oil, Sriracha, soy sauce or tamari and pepper. Remove from heat and garnish with the green onions and sesame seeds.

NUTRITION FACTS PER SERVING

Calories: 238 **Fat:** 16.3g (**Saturated Fat:** 2.7g) **Carbohydrates:** 15.6g **Fiber:** 3.4g **Sugar:** 3.2g
Protein: 11.2g **Sodium:** 187mg



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