



COOKING FOR WELLNESS


CANCER SUPPORT
COMMUNITY
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GIANT EAGLE
MARKET
DISTRICT

LEMON GARLIC TEMPEH

Yields: 2 Servings

INGREDIENTS

2 tsp coconut oil
1 (8 oz) package tempeh, thinly sliced into strips
1 lemon, juiced
4 cloves of garlic, minced
¼ tsp fresh ginger, grated
¼ tsp ground cumin
¼ tsp dried Italian seasoning
4 drops of liquid stevia
2 cups blanched kale
Dash of sea salt and fresh ground pepper

INSTRUCTIONS

1. Place de-stemmed and chopped kale in boiling water for 3 minutes. Remove with a slotted spoon and place the kale in a bowl of ice water. Drain well.
2. Melt coconut oil in a large skilled over medium heat. Add tempeh strips and cook for 2-3 minutes, flip and cook for another 2 minutes or until both sides of the tempeh slices are brown.
3. While tempeh is browning, whisk together the lemon juice, garlic, ginger, cumin, Italian seasoning and stevia in a small bowl.
4. Once tempeh has browned, add blanched kale and the lemony garlic mixture. Stir to coat. Cook for 2-3 minutes. Remove from heat, add salt and ground pepper to taste.