



Week Four

Vegan Recipes

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Wake-Up Smoothie

Ingredients

- 1 1/4 cups orange juice, preferably calcium-fortified
- 1 banana
- 1 1/4 cups frozen berries, such as raspberries, blackberries, blueberries and/or strawberries
- 1/2 cup low-fat silken tofu, or low-fat plain yogurt
- 1 tablespoon sugar, or Splenda Granular (optional)

Directions

1. Combine orange juice, banana, berries, tofu (or yogurt) and sugar (or Splenda), if using, in a blender; cover and blend until creamy.
2. Serve immediately.

Serving Size	Calories	Fat	Protein	Sodium
1 cup	139 per serving	2g per serving	4g per serving	19mg per serving

BREAKFAST

Barbecued Tempeh Sandwiches

Ingredients

- 1/3 cup ketchup
- 1 tablespoon brown sugar
- 1 1/2 teaspoons vegetable oil
- 1 1/2 teaspoons cider vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon chili powder
- 1/4 teaspoon low-sodium soy sauce
- 1/4 teaspoon hot sauce
- 1 garlic clove, minced
- 1 (8-ounce) package tempeh
- 1 red bell pepper, cut in half
- 1 yellow bell pepper, cut in half
- 1 red onion, cut into 1/2-inch-thick slices
- Cooking spray
- 4 (1 1/2-ounce) hamburger buns

Directions

1. Prepare grill.
2. Combine first 9 ingredients in a small bowl, stirring with a whisk.
3. Cut tempeh in half lengthwise; cut slices in half. Brush tempeh slices, bell peppers, and onion with the ketchup mixture.
4. Place on grill rack coated with cooking spray; grill 4 minutes on each side or until the tempeh is thoroughly heated.
5. Remove the tempeh, bell peppers, and onion from grill. Cut bell peppers into 1/2-inch-wide strips; separate onions into rings.
6. Place 1 tempeh slice on bottom half of each bun.
7. Top each tempeh slice with one-fourth of bell peppers, one-fourth of onion, and top half of bun.

Serving Size	Calories	Fat	Protein	Sodium
1 sandwich	309 per serving	8.7g per serving	15.6g per serving	356mg per serving

LUNCH

Grilled Tempeh Skewers

Ingredients

- 5 teaspoons rice vinegar, divided
- 1 tablespoon lower-sodium soy sauce
- 2 teaspoons dark sesame oil
- 2 teaspoons sambal oelek (ground fresh chile paste)
- 1/4 teaspoon black pepper
- 1 (8-ounce) package organic soy tempeh, cut into 16 pieces
- 2 tablespoons honey
- 2 tablespoons fresh lime juice
- 1 tablespoon canola oil
- 1/2 teaspoon kosher salt
- 1/8 teaspoon ground red pepper
- 16 cherry tomatoes
- 16 button mushrooms
- 1 large yellow bell pepper, cut into 16 pieces
- 2 tablespoons diagonally sliced green onions

Directions

1. Combine 1 tablespoon vinegar and next 4 ingredients (through black pepper) in a small zip-top plastic bag; add tempeh. Marinate in refrigerator 2 hours, turning occasionally.
2. Combine remaining 2 teaspoons vinegar, honey, juice, canola oil, salt, and red pepper in a small saucepan. Bring to a boil over medium-high heat; cook 2 minutes or until honey mixture is slightly thickened.
3. Preheat grill to high heat.
4. Thread tempeh, tomatoes, mushrooms, and bell pepper alternately onto each of 8 (6-inch) skewers. Place skewers on grill; grill 10 minutes or until browned, turning after 5 minutes and basting occasionally with half of honey mixture. Drizzle with remaining honey mixture; sprinkle with onions.

Serving Size	Calories	Fat	Protein	Sodium
2 Skewers	250 per serving	10.1g per serving	14.5g per serving	391mg per serving