

# Marinated Tempeh



2 (8 oz.) packages tempeh  
1/4 cup maple syrup  
1/4 cup balsamic vinegar  
2 teaspoons olive oil

2 Tablespoons lite soy sauce  
2 cloves garlic, minced  
2 teaspoons olive oil

Instructions: Place tempeh in simmering water for five to ten minutes. Drain and cool. Cut tempeh into small squares. In a small bowl, stir remaining ingredients together. Stir in tempeh; cover and marinate in fridge for 8-24 hours. Once marinated, strain tempeh, saving the liquid. In a medium skillet, heat oil over medium heat. Add tempeh and cook until golden brown on each side, 4-5 minutes per side. Pour the marinade into the pan with the tempeh and simmer until sauce has thickened and reduced, about 5-7 minutes. May serve with rice and steamed vegetables.

Yield: 4 servings

**Nutrition Facts** (*per serving*): 340 calories, 17 grams fat, 290 milligrams sodium, 26 grams carbohydrate, 0 grams fiber, 24 grams protein