

Tempeh Sweet Potato over Spinach

Adapted the Tempeh recipe from the 131diet

TEMPEH

Ingredients

2 Tablespoons garlic-infused olive oil
8oz organic tempeh, crumbled
3 green onions (green parts only) chopped
2 Tablespoons lime juice
2 Tablespoons Nutritional Yeast
½ Teaspoon smoked paprika
½ Teaspoon cumin
½ Teaspoon sea salt



Directions

In a large pan, heat the oil over medium. Add in the tempeh and green onions, lime juice, nutritional yeast, paprika, cumin and salt. Stir and Sauté for 5 minutes, browning on all sides.

SWEET POTATO

3 -4 medium sized potatoes

Directions

Remove skins, cut into pieces, place in pot and have water cover. Heat to boil, boil for 5-8 minutes. Test to make sure they are “mashable.” Drain water and return to pot to mash.

SPINACH

1 cup spinach for each meal.

EVOO (Extra Virgin Olive Oil)

1 Teaspoon

My Notes

I will double the recipe for the tempeh to get 6 servings to make sure I have enough for 6 days of the week.

½ cup of Sweet potato with each meal, ¾ cup of Tempeh, over a bed of spinach and a Teaspoon of EVOO drizzled on top.

I do warm up the sweet potato and tempeh before eating.