



Tempeh Taco Salad



Yield 4 servings	Serving Size 1/4th recipe
Prep Time 5 min	Cook Time 10 min

Nutrient Information

Calories:	277
Protein:	12g
Fat:	19g
Carbs:	16g
Fiber:	7.5g
Net Carbs:	8.5g

Tempeh

- 2 tablespoons** garlic-infused olive oil
- 8oz (227g)** 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

Dressing

- ¼ cup** canned coconut milk
- ¼ cup** cilantro
- 1 tablespoon** garlic-infused olive oil
- 1 tablespoon** lime juice
- 2-inch** slice of a cucumber, chopped
- ¼ teaspoon** cumin
- Dash** sea salt
- ½** avocado (optional, for a creamier dressing) *

Salad

- 8 cups** Romaine lettuce
- 1** red bell pepper, chopped or sliced
- 1** yellow bell pepper, chopped or sliced
- 1½ cups** cucumber, sliced
- ¼ cup** sliced olives
- ½ cup** flaxseed crackers crumbled (optional)**

Directions

In a large pan, heat the oil over medium. Add in the tempeh and green onion, lime juice, nutritional yeast,

paprika, cumin and salt. Sauté for 5 minutes, browning on all sides.

Add dressing ingredients to a small blender, and process until smooth, only using avocado if it works for you. Some people following a low Fodmap diet can tolerate up to 1/4th of an avocado.*

Add salad ingredients to a bowl, toss with salad dressing and top with tempeh.

Top with flax crackers, if desired.

**Flaxseed crackers are available at most stores and on Amazon. Check the ingredients for added spices that are not FODMAP-friendly. Look for varieties where the ingredients are just organic flax seeds, apple cider vinegar, sea salt, and approved seasonings.

Note: Nutrition Information is without optional ingredients.