

Maple Dijon Tempeh Salad

1 8oz. pkg. Organic Tempeh (any variety)
1/3 C shredded carrot
1/4 C diced celery
1/4 C scallions
2 Tbl. chopped fresh parsley

1 tsp. Tamari
1/4 C mayo (or Veganaise)
2 Tbl. dijon mustard
2 Tbl. C real maple syrup
2 tsp. brown rice vinegar

- Cut tempeh into 10 squares
- Steam for 15 minutes
- Crumble tempeh with fingers until fine.
- add carrot, celery, scallions and parsley
- add tamari, mayo, mustard, maple syrup and rice vinegar.
- mix well until fully blended.
- add fresh ground black pepper to taste.

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