

# **Pecan Crusted Tempeh Salad**

*Makes 4 small salads or 2 Large Dinner Portion Salads*

## For the Tempeh

1 8oz block Tempeh

1/2 C Pecans

1/2 C Cereal (Use a bland health food cereal. Fridays call for Corn Flakes, I used Uncle Sams Wheat Berry Crisp cereal)

1 tsp Organic Sugar

1/4 C Prepared Yellow Mustard

1 Tbsp Non-Dairy Milk

2 Tbsp High-Heat Oil

Cut tempeh to make 2 slabs. This depends on which tempeh you buy, since some come in squares, which you could cut in half down the center, creating 2 square THINNER slabs. Some come in rectangles, which you can just cut in half, making 2 thicker squares. Either way is fine. Place in a steamer basket over boiling water. Reduce heat, cover and allow to steam for about 15-20 minutes. While this is steaming you can make the dressing.

When it's done, remove from heat and allow to cool for a few minutes. Put pecans, cereal and sugar in food processor and process until ground. Set aside. Mix mustard and milk. Set aside. Heat oil in skillet. Coat each piece of tempeh with the mustard mixture and then cover in the ground pecan mixture. Lightly fry until browned. Repeat with each piece and remove to paper towel to drain excess oil.

## For the Dressing

1/4 C Flax Oil

1/4 C Extra Virgin Olive Oil

1/4 Balsamic Vinegar

1 Tbsp Yellow Mustard

2 Tbsp Honey (if strict vegan, use Agave)

1 Clove Garlic, minced

Dash S&P

Mix all in bowl with whisk until well combined...or mix quickly in blender before it gets foamy. Set aside.

## For the Pecans

1/2 C Pecans, coarsely chopped

1 tsp Brown Sugar (organic)

Place pecans and sugar into dry skillet and heat until fragrant, mixing. Remove. Sugar should not melt. Remove pecans and sugar to bowl.



For the Salad....Finally!!! - Adjust measurements to your liking!!

5-8 C Mixed Spring Greens, or Romaine Mix

4 Celery Ribs, chopped

Balsamic Dressing

Sugared Pecans

1/2 C dried Cranberries

1/3 C Mandarin Orange Slices (canned, drained and rinsed of goo)

Pecan Crusted Tempeh

Toss greens and celery with about 1/2 of the dressing. Use the remainder for another time. Place a pile on each plate. Sprinkle each with pecans, cranberries and mandarin orange wedges. Slice each slab of tempeh into strips like chicken strips and top each salad with a sliced slab of tempeh.