



Asian Tempeh Lettuce Cups

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 lettuce cup with filling (without optional toppings)

Ingredients

- 2 tablespoons reduced-sodium (lite) soy sauce, divided
- 2 tablespoons unseasoned rice vinegar, divided
- 4 teaspoons maple syrup, divided
- ¼ teaspoon ground dried ginger (or 1 teaspoon grated fresh ginger)
- ¼ teaspoon garlic powder
- 1 tablespoon canola oil or avocado oil
- 1 (8-ounce) block tempeh, crumbled
- ¼ cup peanut butter
- ¼ cup warm or room temperature water
- 4 sturdy lettuce leaves (e.g. Romaine, butter lettuce)
- Optional toppings: Peanuts, cilantro, basil

Directions

1. In a small bowl, whisk 1 tablespoon of the soy sauce, 1 tablespoon of the vinegar, and 2 teaspoons of the maple syrup with the garlic powder and ginger. Set aside.
2. Heat a large skillet or sauté pan over medium heat. Add the oil and heat until shimmering.
3. Add the tempeh and cook until lightly browned, about 4-6 minutes, stirring often.
4. Add the soy sauce mixture. Cook and stir for 2 minutes, then remove from the heat and set aside.
5. In the small bowl used previously, whisk the peanut butter and water with the remaining 1 tablespoon of soy sauce, 1 tablespoon of vinegar, and 2 teaspoons of maple syrup.
6. Divide the tempeh mixture between the lettuce leaves, then drizzle with the peanut sauce.
7. Serve warm, adding toppings as desired.

Recipe Notes

- For a softer texture and more subtle flavor, boil the tempeh for 10 minutes before crumbling and cooking in oil.
- Add 1 cup of cooked rice noodles to the tempeh at the end of step 4, if desired.
- If you like a bit of heat, try adding some sriracha or crushed red pepper flakes to the sauce in step 1.

**Nutrition Facts Per Serving: Calories: 160 | Total Fat: 10 g | Saturated Fat: 1.5 g
Sodium: 330 mg | Total Carbohydrate: 9 g | Dietary Fiber: 0.5 g | Protein: 11 g**

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