



Teriyaki Tempeh Lettuce Wraps

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Ingredients

1 Tbsp olive oil

2 packs of tempeh, cut into strips

Carrots, cut into sticks, smaller than a fry, larger than a matchstick.

1 package romaine lettuce

4 green onions, sliced

Teriyaki Sauce

1/4 cup agave

1/4 cup liquid aminos, wheat-free soy sauce, or wheat-free tamari

1/4 cup rice vinegar

2 Tbsp sesame oil

3 cloves garlic, minced

3/4" piece of fresh ginger, skinned and grated

Directions

1. Heat oil over medium high heat; add tempeh and carrots. Cook about ten minutes, flipping when first side of tempeh begins to brown.
2. Whisk sauce ingredients in a medium bowl; pour over tempeh and cook about 5 minutes or until sauce is thickened.
3. Lay out rib of lettuce; top with carrot tempeh mixture and green onions.

