

Tempeh Tacos with a Chimichurri Broccoli Slaw

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield: 6 servings

Serving Size: 2 tacos (174 g per serving)



Ingredients

- 8 oz tempeh
- 1 Tbsp. olive oil
- 3 Tbsp. adobo sauce
- 2 cups broccoli slaw
- ¼ cup chimichurri sauce (we used premade Chimichurri sauce)
- ½ lime, juiced
- 2 Tbsp plain non-fat Greek yogurt
- 6 small (6-inch) taco shells
- Cilantro for garnish

Directions

1. Take tempeh out of packaging and place in a large bowl. Use your fingers to break the tempeh into roughly bite-sized crumbles.
2. Stir in adobo sauce and 1 tablespoon of the olive oil. Toss to coat the tempeh.
3. Spray a large non-stick skillet with cooking spray. Add the tempeh and cook on medium high for 8 to 10 minutes, stirring occasionally, until browned and lightly crispy.
4. While the tempeh cooks, make the slaw. Place the pre-cut broccoli slaw in a medium bowl. Mix in the chimichurri sauce, lime juice, and greek yogurt.
5. Once the tempeh is done cooking. Place the tempeh crumbles in the tortillas, then top with the broccoli slaw mixture. Garnish with cilantro and enjoy!

Nutrition Facts	
3 servings per container	
Serving size	1 serving (225g)
Amount per serving	
Calories	420
% Daily Value*	
Total Fat 25g	32%
Saturated Fat 4.0g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 34g	12%
Dietary Fiber 5g	18%
Total Sugars 2g	
Protein 19g	
Vit. D 0mcg 0%	• Calcium 155mg 10%
Iron 3mg 15%	• Potas. 570mg 10%

