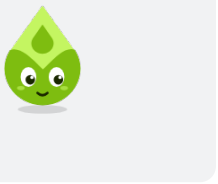
Snack

Crispy Buffalo Tempeh Bites

Golden baked tempeh slices tossed in a tangy, spicy sauce, served with cool creamy dressing and crisp veggie sticks for dipping.

40 min	180	13 g	3 g
time	calories	carbs	sugars



Nut free

Ingredients, 4 servings

- [ ] 8 oz tempeh (cut into 1/4-inch slices)
- [ ] 1 tbsp lower sodium soy sauce
- [ ] 2 tbsp apple cider vinegar
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp smoked paprika
- [ ] 1/4 tsp black pepper
- [ ] 1 tbsp cornstarch
- [ ] 1/3 cup hot sauce (such as Frank's Red Hot)
- [ ] 1 tsp sugar-free maple-type syrup (with monk fruit)
- [ ] 1 tsp Dijon mustard
- [ ] 2 stalks celery (cut into sticks)
- [ ] 2 small carrots (cut into sticks)
- [ ] 1/4 cup light ranch dressing (creamy, with low-fat yogurt)

Nutrition Facts

Per serving

Calories	**180**
Total fat	9 g
Saturated fat	1.5 g
Sodium	440 mg
Total carbs	13 g
Fiber	2 g
Total sugars	3 g
Protein	14 g

Method

- [ ] 1 Bring about 1 inch of water to a simmer in a small saucepan, then set the tempeh in a steamer basket above it. Cover and steam for 5 minutes so it softens and loses its bitter edge. Pat the slices dry and move them to a bowl.
- [ ] 2 Whisk together the lower sodium soy sauce, 1 tbsp of the apple cider vinegar, half the garlic powder, the smoked paprika, and the black pepper, then coat the tempeh in this mixture. Give it 5 minutes to soak everything in.
- [ ] 3 Heat the oven to 400°F and line a baking sheet with parchment paper. Dust the cornstarch over the tempeh and toss gently until each slice is lightly covered, then lay the pieces out in one layer. Bake for 20 minutes, turning them over halfway through, until golden and crisp.
- [ ] 4 Meanwhile, warm the hot sauce with the rest of the apple cider vinegar, the sugar-free maple-type syrup, the Dijon mustard, and the rest of the garlic powder in a small saucepan over low heat, stirring until the sauce is smooth and warmed through.
- [ ] 5 Tip the baked tempeh into the sauce and toss so every piece gets coated. Pile it onto a plate with the light ranch dressing for dipping and the celery sticks and carrot sticks alongside.

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