

Peanut Tempeh Stirfry (Bariatric)

<u>U.S.</u>		<u>Metric</u>
16 oz	Tempeh, sliced into thin strips	455g
2 Tbsp	Sesame Oil	30mL
1 Tbsp	Fresh Ginger, grated	2.5g
1 Tbsp	Lime Juice	15mL
1/4 cup	Peanut Butter, natural, creamy	60mL
2 Tbsp	Tamari, reduced sodium	30mL
2 Tbsp	Chili Garlic Sauce (Sambal Oelek)	30mL
1 cup	Green Beans, cut into 2 inch long pieces	190g
1 cup	Broccoli, cut into small florets	260g
1/2 large	Red Onion, cut into thin slices	70g
1/2 cup	Water	120mL
2 each	Egg, large	2 each
1/3 cup	Green Onions, thinly sliced	30g
1 Tbsp	Sesame Seeds, toasted	9g
1 each	Lime, cut into wedges	5g

Preparation:

1. Gather all ingredients and equipment.
2. In a small bowl, whisk together the ginger, lime juice, peanut butter, tamari, chili garlic sauce, and 1/3 cup water. Set aside.
3. Add the oil to a large skillet over medium-high heat.
4. Once the oil is hot but not smoking, add the tempeh in a single layer.
5. Let the tempeh cook undisturbed until golden brown, about 1-2 minutes, before flipping.
6. Once the tempeh is golden brown on all sides, remove the pan from the heat.
7. Add the green beans, red onion, broccoli, peanut sauce, and 1/2 cup of water. Stir to combine.
8. Return the pan to low heat and cover with a lid. Let steam for 5 minutes, or until the vegetables are tender.
9. If needed, add 1/3 cup more of water to prevent the dish from drying out.
10. Crack the eggs into a small bowl and whisk together.
11. Use a spoon or rubber spatula to push all of the ingredients in the pan to one side. In the open area, pour in the eggs. Stir the eggs as they cook to make scrambled eggs. Once cooked, mix in with the rest of the ingredients in the pan.
12. Turn off the heat and top with sesame seeds and green onions. Serve with lime wedges. If desired, serve with a side of rice or cauliflower rice.

Nutrition Facts - Stir Fry Only

6 Servings

Serving size **3/4 cup stir fry**

Amount per serving

Calories **300**

Total Fat	21 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	60 mg
Sodium	530 mg
Total Carbohydrate	13 g
Dietary Fiber	2 g
Total Sugars	2 g
Includes 0g Added Sugars	
Protein	22 g
Vitamin D	0 %
Calcium	10 %
Iron	17 %
Potassium	400 mg
Phosphorus	270 mg

Nutrition Facts - With Coconut Cauliflower Rice

6 Servings

Serving size **3/4 cup stir fry 1/4 cup cauliflower rice**

Amount per serving

Calories **320**

Total Fat	22 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	6 g
Cholesterol	60 mg
Sodium	580 mg
Total Carbohydrate	15 g
Dietary Fiber	3 g
Total Sugars	2 g
Includes 0g Added Sugars	
Protein	22 g
Vitamin D	0 %
Calcium	10 %
Iron	18 %
Potassium	600 mg
Phosphorus	285 mg
