

Sweet and Sour Tempeh Skewers

**Prep:**

20 minutes

Total:

40 minutes

Makes:

8 full servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

small mixing bowl

Cookie Sheet (12 ½ x 15 ½)

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Recipe:**Contributed By:**

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

Tempeh is a form of soy that is fermented, which makes it nutritionally superior to tofu as it is a whole food. It contains high levels of well-absorbed protein and iron, and can be used in an array of cooked recipes from stews, to stir-frys or chopped up on salad!

Tempeh Marinade

½ cup
tamari
(120
mL)
1 cup
apple juice
(240
mL)
½ - 1 cup
orange juice (2 oranges)
(120 - 240
mL)
4 cloves
garlic, peeled and crushed
2 tablespoons
dijon mustard
(31

g)
 2 tablespoons
 lemon juice
 (30
 mL)
 1 tablespoon
 toasted sesame oil
 (15
 mL)
 1 package
 organic tempeh (8 ounces/227g)
 1 tablespoon
 arrowroot (8g), mixed in 2 tablespoons (30 mL) of apple juice

Vegetables

6 - 12
 large cremini mushrooms, stemmed and cut in $\frac{1}{2}$
 half 2
 zucchini cut in half lengthwise, then into $\frac{1}{2}$ -inch 12
 slices

Directions:

large
 onions cut into thick chunks (sliced in half lengthwise then
 quartered)
 skewers for kabobs In a small mixing bowl, whisk together tempeh
 marinade ingredients. Pour into sauce pan.
 2. Cut tempeh in half widthwise and add to marinade. Cover and
 cook over medium heat. When Vapo-Valve™ begins to click,
 lower heat and simmer covered for 20 minutes. Drain and pat
 tempeh dry, reserving marinade.
 3. When tempeh reaches room temperature, cut into 24 cubes.
 4. Place cover on sauce pan and bring reserved tempeh
 marinade back to medium heat. Whisk in dissolved arrowroot,
 stirring constantly until sauce becomes clear. Use marinade
 for kebobs.
 5. Place vegetables and tempeh on skewer in order of your
 choice and place on a cookie sheet (12 $\frac{1}{2}$ x 15 $\frac{1}{2}$). Brush
 each kebob with marinade.
 6. Bake kebobs in oven preheated to 350°F/177°C for 20 - 30
 minutes. Brush kebobs occasionally with marinade as they
 cook, and turn over once midway.

Tips:

- Place skewers in a bowl of cold water for 30 minutes before
 adding tempeh and vegetables to reduce charring.

Nutritional Information per

Serving

Calories: 139
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 1060mg
Total 17g
Carbs:
Dietary Fiber: 1g
Sugar: 9g
Protein: 9g