

Mediterranean Tempeh Grain Salad

Web Recipe · Lunch

465 cal · 26g protein · 42g carbs · 22g fat · 4 servings

Ingredients

- 1 package (8 oz) tempeh cubed
 - 2 tbsp balsamic vinegar
 - 1 tbsp soy sauce
 - 1 tbsp olive oil
 - 1 cup dry farro cooked
 - 1 can (15 oz) cannellini beans drained and rinsed
 - 1 cup cherry tomatoes halved
 - 1 large cucumber diced
 - 1/2 cup kalamata olives halved
 - 1/4 cup red onion thinly sliced
 - 1/4 cup fresh parsley chopped
 - 2 tbsp extra virgin olive oil
 - 2 tbsp lemon juice
 - 1 tsp dried oregano
 - 1 clove garlic minced
-

Instructions

1. Cube the tempeh. Marinate in balsamic vinegar and soy sauce for 15 minutes.
 2. Heat olive oil in a skillet. Cook tempeh 3-4 minutes per side until browned and caramelized.
 3. Cook farro according to package directions. Let cool.
 4. Make the dressing: whisk together olive oil, lemon juice, oregano, garlic, salt, and pepper.
 5. In a large bowl, combine cooled farro, cannellini beans, cherry tomatoes, cucumber, olives, red onion, and parsley.
 6. Add the browned tempeh and dressing. Toss gently to combine.
 7. Keeps well in the fridge for 4-5 days.
-

Generated by Meal Planner · Per serving macros