

Broccoli Salad w/ Roasted Tempeh



COURSE

Lunch, Sides, Snacks



SERVINGS

7 serving

CALORIES

401 kcal

INGREDIENTS

For the Salad:

- 1½ pounds broccoli crowns finely chopped
- 3 Tbsp vegan mayonnaise
- 3 Tbsp apple cider vinegar
- 3 tsp Dijon mustard
- 1 tsp maple syrup
- 1 garlic clove minced
- ¼ tsp sea salt more to taste
- ½ c diced red onions
- ½ c unsweetened dried cranberries

For the Smoky Tamari Almonds:

- ½ c almonds roughly chopped
- ½ c pepitas
- 1 Tbsp tamari
- ½ tsp maple syrup
- ¼ tsp smoked paprika

For the Roasted Tempeh:

- 3 blocks 24 oz total tempeh, diced into ½-inch cubes
- 1 ½ Tbsp tamari

- 1 Tbsp olive oil
- ¾ tsp smoked paprika
- ¾ tsp garlic powder
- 1 ½ tsp maple syrup

INSTRUCTIONS

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper.
2. In a large bowl, toss the tempeh cubes with tamari, olive oil, smoked paprika, garlic powder, and maple syrup.
3. Spread the tempeh in a single layer on the baking sheet and bake for 20–25 minutes, flipping halfway through, until golden and slightly crispy.
4. Reduce the oven temperature to 350°F and line another baking sheet with parchment paper.
5. Toss the almonds and pepitas with tamari, maple syrup, and smoked paprika.
6. Spread the nuts and seeds into a thin layer on the baking sheet and bake for 10–14 minutes, stirring halfway, until golden brown. Remove from the oven and let cool for 5 minutes.
7. To make the salad itself: In the bottom of a large bowl, whisk together vegan mayo, apple cider vinegar, Dijon mustard, maple syrup, minced garlic, and salt to create the dressing.
8. Add the chopped broccoli, diced red onions, and dried cranberries to the bowl. Toss well to coat evenly.
9. Add the roasted tempeh and tamari almonds/pepitas to the salad, reserving a few nuts and seeds for garnish. Toss everything together.
10. Season to taste with additional salt or a splash of vinegar, if needed.
11. Divide into 7 portions and serve.

NUTRITION

Nutrition Facts

Broccoli Salad w/ Roasted Tempeh

Amount Per Serving (1 serving)

Calories 401 Calories from Fat 324

% Daily Value*

Fat 36g 55%

Carbohydrates 17g 6%

Protein 22g 44%

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free

Tried this recipe?

Let us know how it was!