LEMON GARLIC TEMPEH
Yields: 2 Servings

INSTRUCTIONS
1. Place de-stemmed and chopped kale in boiling water for 3 minutes. Remove with a slotted spoon and place the kale in a bowl of ice water. Drain well.

2. Melt coconut oil in a large skilled over medium heat. Add tempeh strips and cook for 2-3 minutes, flip and cook for another 2 minutes or until both sides of the tempeh slices are brown.

3. While tempeh is browning, whisk together the lemon juice, garlic, ginger, cumin, Italian seasoning and stevia in a small bowl.

4. Once tempeh has browned, add blanched kale and the lemony garlic mixture. Stir to coat. Cook for 2-3 minutes. Remove from heat, add salt and ground pepper to taste.

INGREDIENTS
- 2 tsp coconut oil
- 1 (8 oz) package tempeh, thinly sliced into strips
- 1 lemon, juiced
- 4 cloves of garlic, minced
- ¼ tsp fresh ginger, grated
- ¼ tsp ground cumin
- ¼ tsp dried Italian seasoning
- 4 drops of liquid stevia
- 2 cups blanched kale
- Dash of sea salt and fresh ground pepper