

Dijon Tempe Salad (Lettuce Wraps or Keto Sandwiches)

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Servings: 2

Prep & Cook Time: 15 minutes max

Ingredients

- 6 oz Organic 'Original' Tempe (w/ brown rice is best)
- 2 teaspoons Organic Coconut Oil (hexane free)
- 3+ Tablespoons Organic Mayo made with Avocado Oil
- 1/2-1 teaspoon Organic Dijon Mustard
- 1/3 stalk Organic Celery, minced
- 4 Tablespoon Green Onions (avoid white part) minced
- 2 Tablespoons Organic Walnuts, chopped
- 1 Tablespoon Fresh Organic Parsley, minced
- 1 large Avocado, sliced
- 2 large Organic Romain/Butter Lettuce Leaves, washed & patted dry OR 4 slices keto bread
- Dash Himalayan Pink Sea Salt
- Dash Organic Black Pepper
- Dash Organic Smoked Paprika

Instructions:

1. Chop 6 ounces of Tempe into bite-sized pieces (1/4 inch cubes is best).
2. In a medium frying pan, melt coconut oil over medium heat. Place tempe in the pan and season with salt (lightly sprinkle!), pepper, garlic powder & smoked paprika.
3. Fry tempe until brown and crispy. Remove from heat and scoop onto a plate to cool.
4. While tempe is cooling, wash and chop the parsley and celery and add to a medium bowl. Add the mayo, chopped walnuts and season to taste with salt, pepper, & smoked paprika.
5. Add crispy tempe to bowl of chopped green onions, celery, walnuts and seasonings. Mix well and taste test in case more seasoning or mayo needs to be added.
6. Rinse your lettuce leaves and pat dry. (Or if you're making sandwiches, slice 4 pieces of keto bread).
7. Save half the tempe salad for another meal (tomorrow's lunch - store in fridge), and evenly divide the other half of the tempe salad onto 2 lettuce leaves or 4 slices of keto bread. Top with a 1/2 avocado, sliced or mashed - sprinkled with salt, pepper & smoked paprika.
8. Enjoy!

