

Sautéed Tempeh With Vegetables

Add more meat alternates to your menu. This meal provides an unexpected burst of flavor and texture.

Ages: 6–18 years
Makes: 6 servings
Prep time: 5 minutes
Cook time: 20 minutes

the INGREDIENTS

6 oz tempeh, plain (see chef tips)

¼ cup + 2 Tbsp teriyaki sauce

2 cups + 1 Tbsp cauliflower, fresh, riced (gently wash cauliflower under running water before grating/cutting; see chef tips)

2 tsp garlic powder

2 Tbsp onion, dehydrated, chopped (minced onions)

2 tsp vegetable oil

2½ cups baby spinach, fresh (gently wash under running water if not prewashed)

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Heat oil on medium-high heat in a medium nonstick sauté pan.
3. Break tempeh into crumbles. Cook for 5–7 minutes or until it starts to turn golden brown. Stir frequently.
4. Reduce heat to medium. Add teriyaki sauce. Cook until sauce begins to thicken and caramelize. Stir frequently.
5. Add cauliflower, garlic powder, and dehydrated onion. Stir. Cook for 5 minutes. Stir frequently.
6. Add baby spinach. Stir constantly until spinach is completely wilted, about 3–5 minutes. Heat to 140 °F or higher for at least 15 seconds.
7. Serve ⅔ cup (unpacked). Serve immediately, or keep warm at 140 °F or higher.

the NUTRITION INFORMATION

⅔ cup Sautéed Tempeh With Vegetables

Nutrients	Amount
Calories	**112**
Total Fat	**5 g**
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	**386 mg**
Total Carbohydrate	**12 g**
Dietary Fiber	2 g
Total Sugars	1 g
Includes Added Sugars	N/A
Protein	**8 g**
Vitamin D	N/A
Calcium	95 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

½ cup vegetable
1 oz eq meat alternate

the CHEF TIPS

- **Contains soy (tempeh and teriyaki sauce).** Tempeh and teriyaki sauce can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (tempeh) and may be included in the ingredient statements as “spice” or “flavoring.”
- Tempeh made with ingredients limited to soybeans (or other legumes), water, tempeh culture, and for some varieties vinegar, seasonings and herbs is creditable. One oz of tempeh credits as 1 oz eq meat alternate. Tempeh made with other creditable ingredients (brown rice, sunflower seeds, vegetables, etc.) require a Child Nutrition label or Product Formulation Statement to document meal pattern contribution. For more information on serving tempeh, refer to the CACFP policy memorandum SP 25 CACFP 12 SFSP 11-2019 Revised “Crediting Tempeh in the Child Nutrition Programs” at fns.usda.gov/cacfp/policy.
- Cauliflower rice is cauliflower that has been grated or cut into very small, rice-sized pieces.