

## Savory tempeh cakes with kale-lime sauce

*These tempeh cakes taste like a gourmet treat, but they're also full of protein, fiber, and B vitamins!*

Makes about six 3" cakes and 1 cup sauce

### Ingredients

#### Kale-lime sauce

- 2 lightly-packed cups kale
- 2 tbsp. lime juice
- ¼ cup almonds
- 2 tbsp. nutritional yeast
- ¼ cup olive oil
- ½ tsp. salt
- ¼ tsp. pepper

#### Tempeh cakes

- 1 tbsp. chia or flaxseeds
- 3 tbsp. water
- One 8-oz. block tempeh
- ¼ cup oil-marinated sundried tomatoes
- ½ tsp. paprika
- ¼ to ½ tsp. cayenne (to taste)
- 2 tsp. minced garlic
- 2 tbsp. nutritional yeast
- 2 tbsp. soy sauce or tamari
- ¾ cup oats (divided use)



### Directions

- 1) For the sauce: puree all ingredients in food processor or blender until smooth. Refrigerate until ready to use.
- 2) Preheat the oven to 350 degrees. Lightly grease a baking sheet.
- 3) Mix together the chia or flaxseeds with water and set aside for 10-15 minutes, or until gelatinous. (This is your binder/egg substitute)
- 4) Puree the chia or flax "egg", tempeh, sundried tomatoes, paprika, cayenne, garlic, nutritional yeast, soy sauce, and ¼ cup of the oats in a food processor until smooth. You should be able to form round, slightly sticky cakes with your hands.
- 5) Put the remaining ½ cup oats on a plate. Form roughly 3" cakes with the tempeh mixture and lightly pat them in the oats, shaking off any excess.
- 6) Put the cakes on the prepared baking sheet and cook for 20-25 minutes, flipping halfway through, until firm and lightly golden.
- 7) Top cakes with sauce and enjoy!