Facon Bacon

Source: Rising Flour Café, Asheville, N.C.; published in The Best in the World, edited by Neal Barnard, MD

Tempeh comes from fermented soybeans. It has a great texture and is very versatile. Find it in the refrigerated section near the produce.

About the Recipe

118 Calories · 11 g Protein · 2.2 g Fiber
Breakfast
Gluten-free · Nut-free

Tempeh is a high-protein alternative to meat.

Not all soy sauces are gluten free, so check the label. Tamari is usually safe.

Ingredients

Makes 4 Servings

- 1 tsp (5 mL) fennel seeds
- 1 tsp (5 mL) cumin seeds
- 1 tbsp (15 mL) soy sauce
- 3 garlic cloves, crushed
- 1/8 tsp (0.6 mL) ground black pepper
- 1 c (240 mL) water
- 8 oz (227 g) tempeh, sliced into bacon shapes

Directions

1. Toast fennel and cumin in a dry skillet over medium heat.
2. Grind the spices and return to the skillet.

3. Add soy sauce (1 tbsp [15 mL] may suffice), garlic, black pepper, and water. Set skillet to simmer.
4. Add the sliced tempeh and simmer 15 to 20 minutes.
5. Then place the tempeh on a nonstick or oiled cookie sheet and broil until crisp (about 7 to 8 minutes), then turn and broil again.
6. The marinade will keep for one week refrigerated.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 118
Fat: 6.3 g
    Saturated Fat: 1.3 g
    Calories from Fat: 48.2%
Cholesterol: 0 mg
Protein: 11 g
Carbohydrates: 6.9 g
Sugar: 0.9 g
Fiber: 2.2 g
Sodium: 198 mg
Calcium: 79 mg
Iron: 2.1 mg
Vitamin C: 0.9 mg
Beta-Carotene: 21 mcg
Vitamin E: 0.4 mg