

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

- fennel seeds (1 tsp.)
- cumin seeds (1 tsp.)
- soy sauce (2 1/2 tsp.)
- garlic cloves, crushed (3)
- black pepper (1 dash)
- water (1 cup)
- tempeh, sliced into bacon shapes (8 ounces)

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, 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