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BLT Salad

Prep Time: 8 hours + 30 min. Cook Time: 11 min.

Makes 3 Servings

Serving Size: 1 salad

Ingredients

1 block (about 450 grams) tempeh
1/4 cup low-sodium soy sauce
2 tbsp apple cider vinegar
1 tbsp maple syrup
2 tsp liquid smoke
2 tsp paprika
1 tsp ground cumin
1 cup sliced red onion
2 tbsp fresh lemon juice
1/2 tsp sugar
1/4 tsp salt
2 medium-sized pitas
6 cups salad greens
1 large tomato, cut into 1/2-inch wedges
2 tbsp extra-virgin olive oil
2 tsp grainy Dijon-style mustard
2 tbsp sesame seeds

Directions

1. Place tempeh in a large shallow container. In a small bowl, whisk together soy sauce, vinegar, maple syrup, liquid smoke, paprika, and cumin. Pour mixture over tempeh. Cover container and chill for at least 8 hours, flipping once.
2. Place onion slices, 1 tablespoon lemon juice, sugar, and salt in a bowl. With your hands, massage onions until tender and pink, about 2 minutes. Chill until ready to use.
3. Build a medium-hot fire in a charcoal grill, or heat a gas grill to medium-high. Grease grill grates.

4. Remove tempeh from marinade. Place block of tempeh on grill grate and cook for about 5 minutes, pressing with a spatula once or twice to make grill marks.
5. Brush on some reserved marinade, flip the tempeh and cook the other side for another 5 minutes, pressing again with a spatula.
6. Remove tempeh from heat and, once cool enough to handle, slice into 1/2-inch lengths.
7. Place pitas on grill and heat until toasted and crispy, about 30 seconds per side. Break pitas into 2-inch pieces.
8. Whisk together olive oil, 1 tablespoon lemon juice, mustard, and a couple pinches of salt.
9. Divide salad greens, tomato, and onion among serving plates and drizzle on dressing. Divide pita pieces and tempeh slices on plates.
10. Sprinkle salads with sesame seeds. Serve.