



Tempeh Lettuce Wraps

Ingredients:

1 package tempeh, crumbled
1/2 red bell pepper, chopped
1/2 onion, chopped
1 tbsp chopped garlic
1 tbsp olive oil
1 tbsp low sodium soy sauce
1 tsp of ginger, onion, and garlic powder
1 head butter-leaf lettuce

Directions:

1. Heat olive and garlic in a large pan over medium heat.
2. Add onion, tempeh, and bell pepper and saute for 3 minutes.
3. Add soy sauce and spices and cook for another 2 minutes.
4. Spoon mixture into lettuce leaves.

Nutrition Facts

Per serving, recipe makes 4

Calories: 180

Fat: 9.5 g

Carbs: 12 g

Protein: 13 g