

# Tempeh Salad (or “Faux Chicken Salad”)

(From *How It All Vegan* by Tanya Barnard and Sarah Kramer)

## Ingredients:

8oz Lalibela Farm Tempeh, cubed  
1/2 cup Veganaise (or mayo)  
1 stalk Celery, finely chopped  
1 medium Dill Pickle, finely chopped  
1/2 medium Onion, chopped  
2 Tbspn fresh Parsley, minced  
2 tsp prepared Mustard (dijon)  
2 tsp Tamari (soy sauce)  
1 Garlic clove, crushed and minced

## Directions:

Steam (or browned with a little oil) the cubed Tempeh for 15 minutes on med-high heat. Remove from heat and set aside to cool. In a medium bowl, combine the veganaise, celery, pickles, onions, parsley, mustard, Tamari, and garlic with the Tempeh and toss lightly.

Serve over toast, as a side dish, as a sandwich filling, or alone.

Makes 2-4 servings