

Potato & Tempeh Breakfast Patties

(from The Tempeh Cookbook)

Yield: 16 patties

Have ready:

4 cups mashed potatoes

Cook for 20 minutes:

8 oz Lalibela Farm Tempeh 1 cup vegetable stock

Cool and grate the Tempeh. Mix it with:

1 Tbspn. Tamari 1 tsp. Marjoram 1 tsp. Thyme ½ tsp. Sage

Sauté until onion is soft:

2 Tspn. Oil ½ cup onion, chopped

Mix the tempeh and the onion together the cooled mashed potatoes, If desired, add:

¼ cup fresh parsely, minced.

Shape mixture into 16 patties. Patties can be made ahead and chilled on a covered plate.

Heat a large skillet and: 2 Tbspn. Oil

Fry the patties until brown on both sides with care so as not to break up the crust that forms.

Per Patty: Calories: 97, Protein:4gm, Carbs: 8gm, Fat: 5gm