Teriyaki Tempeh Stir-Fry

This delicious recipe was featured in the “Japan” installment of our International Cuisine Dining Series. Visit our website to check out future classes!

Ingredients:

**Teriyaki Sauce:**
- 1/3 cup low-sodium soy sauce
- 2 tbs. water
- 2 oranges, juiced
- 2 tablespoons honey
- 2 tablespoons ginger, peeled and minced
- ½ cup scallion, chopped
- 2 teaspoons garlic, minced

**Stir Fry:**
- 2 tbs. olive oil
- 1 onion diced
- 8oz. package of Tempeh (cut into ½ inch cubes)
- 1 cup broccoli small florets
- ½ cup chopped carrots
- ½ cup sliced cabbage
- ½ cup mushrooms
- 1 can baby corn

Directions:

1. Mix all ingredients under Teriyaki Sauce together in a small container. Cut tempeh into small cubes and marinate in sauce for at least 20 minutes in refrigerator.
2. Place olive oil in a saucepan on medium heat. Add diced onion and carrots and cook for a few minutes.
3. Add the broccoli, cabbage, mushrooms, baby corn and tempeh/teriyaki sauce. Put on low heat and let simmer for about 15-20 min (less if you prefer firmer vegetables).

Serving Size: 1 cup
Yield: 4 servings

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<th>Nutrition Information / Amount per serving:</th>
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<td>Calories</td>
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<td>Saturated fat</td>
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For other great recipes, check out our cooking classes and cookbook at www.nutritioncenter.colostate.edu