



## Pep-A-Powder Tempeh and Black Bean Tostadas

### INGREDIENTS: Per Serving...

2 oven roasted red chili tortillas, spray oiled and lightly salted  
3 oz. crumbled tempeh (or firm Chinese style tofu)  
1 tsp H3 Pep-a-Powder (blackening spice mix)  
2 Tbsp chopped garlic  
¼ cup vegetable stock  
1/3 cup Cuban black beans  
4 cups shredded lettuce mix tossed with 2 tablespoons cilantro lime dressing  
2 Tbsp feta cheese  
2 Tbsp thinly sliced green onion  
Salsa

### PREPARATION:

- Heat oven to 400 degrees
- Lay tortillas on a baking pan, slightly spray oil and dust with salt
- Bake for 7 – 10 minutes or until crispy
- Heat beans and prepare other ingredients, reserve
- Season tempeh or tofu with pep powder and reserve
- Heat a medium skillet to medium high, lightly spray oil and garlic and tempeh
- Cook 3-4 minutes, add stock and simmer until broth is almost fully absorbed
- To assemble, place tortillas on a plate, top with a portion of beans and tempeh, top that with tossed salad
- Garnish with cheese and onion
- Serve with salsa or hot sauce

**Calories per serving:** 375

**Fat Grams:** 10

