



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

