

Cut & fold along dotted lines to fit this in your 3x5-inch recipe card box:

One of our favorite winter recipes:



## Tempeh "Meat" balls

Yield: 20 meatballs

### Ingredients

- 1 (8 oz) package tempeh, cut into 4 pieces
- 2 slices whole grain bread
- 3 tablespoons grated Parmesan cheese
- 1 egg, lightly beaten
- 1 tablespoon dried parsley
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 pinch red pepper flakes, or to taste

### Directions

1. Preheat oven to 350° F (175° C). Lightly grease a baking sheet.
2. Bring a pot of water to a boil; cook tempeh in the boiling water to soften the flavor of the tempeh, about 5 minutes. Drain and cool tempeh.
3. Place bread in a food processor and pulse until evenly crumbled. Transfer bread to a large bowl. Crumble cooled tempeh over bread crumbs; add Parmesan cheese, egg, parsley, oregano, basil, garlic powder, salt, black pepper, and red pepper flakes; mix well using your hands. Form tempeh mixture into 1-inch balls and arrange meatballs on the prepared baking sheet.
4. Bake in the preheated oven for 10 minutes; flip meatballs and continue cooking until lightly browned, about 10 more minutes.

