



Balsamic Roasted Tempeh Bowls

6 servings

1 hour

Ingredients

1/4 cup Extra Virgin Olive Oil
1/4 cup Balsamic Vinegar
3 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 tbsp Italian Seasoning
1 1/8 lbs Tempeh
1 cup Red Onion (medium, sliced)
6 Carrot (medium, peeled and chopped)
4 cups Mushrooms (quartered)
3 Zucchini (sliced)
1 1/2 cups Quinoa (dry)
2 1/2 cups Water

Nutrition

Amount per serving	
Calories	470
Fat	21g
Saturated	4g
Polyunsaturated	6g
Monounsaturated	10g
Carbs	49g
Fiber	7g
Sugar	9g
Protein	27g

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers, Keeps well in the fridge up to 4 days.