

THE SUPER CREW'S TASTY TEMPEH TACOS

Makes 4 servings

SERVING SIZE: 2 tacos

PREP TIME: 5 minutes

COOK TIME: 15 minutes



PEANUT-FREE



NUT-FREE



INGREDIENTS:

Filling:

- 1 tsp garlic powder
- ½ tsp onion powder
- 2 tsp dried oregano
- ½ tsp chipotle powder
- 1 tsp salt
- 1 ½ tsp sugar *
- ½ cup chopped cilantro
- 2 tsp olive oil
- 2 packs of tempeh (16 ounces)
- 8 corn tortillas (4.5")

Coleslaw:

- 4 cups of shredded cabbage
- 1 Tbsp mayonnaise
- 2 Tbsp nonfat plain yogurt
- 2 tsp honey
- 2 tsp white vinegar

Or

- 4-5 Tbsp plain Greek Yogurt
- 2 Tbsp light mayonnaise
- 1 tsp white balsamic vinegar
- 1 tsp honey
- 1 dash each of chili lime seasoning and cumin
- 1 tsp spicy brown mustard



"Count how many of the ingredients come from plants."

- Super Baby Abigail

* The sugar offsets tempeh's slightly bitter taste. Tempeh brands vary in flavor and texture. Tempeh has lots of phytonutrients that fight off disease.



Pairing a new food like tempeh with something your kids already like may help them accept it more readily. For example, if they don't like coleslaw, sub in another crunchy veggie that they DO like. You can also combine tempeh with a familiar food like shredded chicken.



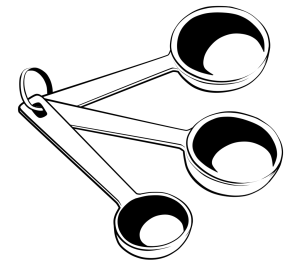
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DIRECTIONS:

1. Slice tempeh into thin strips. Then place in a medium cast-iron skillet, add oil onto the pan and sauté the tempeh for 5-6 minutes.
2. In a small bowl, mix together the garlic powder, onion powder, dried oregano, chipotle powder, salt and sugar then toss over tempeh. Cook another 7 minutes.
3. While its cooking, mix together the mayonnaise, yogurt, sugar, and white vinegar for the coleslaw dressing.
4. Chop cabbage into thin strips and toss with the above dressing.
5. Assemble tempeh and coleslaw into the tortillas and enjoy.

"Find the 1/2 teaspoon measuring spoon. Then find the 1 teaspoon measuring spoon."

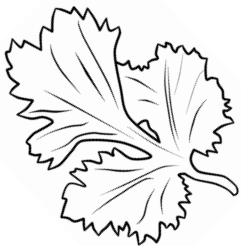
- The Super Crew



"I use kitchen scissors to cut the cilantro. I save some to decorate my plate!"

"I like to add more spices and herbs at mealtime, because my dad likes food plain and I like more flavor."

- Jessie



Don't let the extra cilantro go to waste. Grab your young sous-chef and add it to cooked whole grains, or homemade or store-bought salsas and salads. Cilantro has anti-bacterial benefits to protect your body!



Kids' appetites vary from day to day. Don't measure the success of a new recipe on how much of it they eat. If they help make it and give it a try, it's a win!