

TEMPEH POTATO BREAKFAST HASH, KALE

Serving size: 1/2 cup

Makes 8 **servings**

- 12 oz Red Bliss Potatoes, diced
- 5 oz Tempeh
- 1-1/2 TBSP Canola Oil
- 1/2 cup Yellow Onions, diced
- 1/2 cup Green Bell Peppers, diced
- 3 oz Kale, chopped
- 3/4 tsp Salt
- 1/2 tsp Black Pepper, ground
- 1/2 tsp Paprika
- 1 tsp Chili Powder

Preparation:

1. Steam potatoes just until they begin to soften, about 8 minutes (do not overcook). Chill potatoes quickly.
2. Cut tempeh into 1/2" cubes and place in a bowl.
3. Bring a pot of water up to a boil. Pour boiling water over tempeh (just enough to cover by 1"). Allow tempeh to sit in water for 10 minutes, then drain off water.
4. Heat oil in a sauté pan. Sauté onions and peppers until caramelized.
5. Stir in potatoes and tempeh. Cook until browned. Toss in kale, salt, pepper, paprika and chili powder. Cook until kale is wilted/tender and potatoes are tender as well.



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NUTRITION FACTS PER SERVING

calories	110
total fat (g)	4
saturated fat (g)	0.5
trans fat (g)	0
sodium (mg)	170
total carbohydrate (g)	14
dietary fiber (g)	3
sugar (g)	2
protein (g)	5