

## *Asian Grilled Tempeh Triangles*

1 lb soy tempeh, cut into triangles  
1/2 tsp. toasted sesame oil  
2 TBS light soy sauce  
2 TBS sliced scallions

1 TBS peanut oil  
1/2 tsp. grated ginger  
1 tsp. minced garlic

Place the tempeh in a glass plate or dish. In a small bowl mix, the peanut oil, sesame oil, ginger, soy sauce and garlic. Pour the mixture over the tempeh, turning the pices to coat well. Place in refrigerator for 4 hours or overnight. Heat the grill to med-high heat. Lay a large piece of foil on the grill. Place the tempeh triangles on the foil and grill them for 3 - 4 minutes per side, until golden brown. Sprinkle the tempeh with scallions.

Makes 4 Servings | 5 Weight Watchers points per serving

## *Asian Grilled Tempeh Triangles*

1 lb soy tempeh, cut into triangles  
1/2 tsp. toasted sesame oil  
2 TBS light soy sauce  
2 TBS sliced scallions

1 TBS peanut oil  
1/2 tsp. grated ginger  
1 tsp. minced garlic

Place the tempeh in a glass plate or dish. In a small bowl mix, the peanut oil, sesame oil, ginger, soy sauce and garlic. Pour the mixture over the tempeh, turning the pices to coat well. Place in refrigerator for 4 hours or overnight. Heat the grill to med-high heat. Lay a large piece of foil on the grill. Place the tempeh triangles on the foil and grill them for 3 - 4 minutes per side, until golden brown. Sprinkle the tempeh with scallions.

Makes 4 Servings | 5 Weight Watchers points per serving