

Macrobiotic Recipe of the Month - November 2009

I went over to my sister Liz's house for dinner a few weeks back, and her husband Steve made some pan-fried tempeh (tempeh is a fermented soybean product). He also fried up some garlic and some onions while he was at it, which went well on steamed brown rice (along with toasted pumpkin seeds).

We sat out on her deck and enjoyed the beautiful warm weather we had here in southern Maine. I really enjoyed eating outside — I wish this weather would last forever! I'm savoring it. It's getting darker earlier so we watched the sunset, too.

PAN-FRIED TEMPEH

One 8-ounce package organic tempeh,
sliced into thin strips
Oil to cover bottom of a cast iron skillet

Heat oil on medium-high flame, and fry tempeh slices until brown and crispy. Drain on a paper towel to soak up any excess oil.

One 8-ounce package of tempeh serves 2-3 people.
Enjoy!



Enjoy! ~Meg

For more recipes and information on macrobiotics please visit Meg's Website:
www.megwolff.com, and her blog at: www.becoming-whole.com.