

## **Macrobiotic Recipe of the Month – September 2008**

**From Meg Wolff**

After the long weekend I thought I'd make this quick & easy dish. It can be started ahead of time, assembled just before dinner, then popped into the oven to bake. I first had this dish when my friend Ethel Turner from Otisfield (Maine) brought it to my house a few years ago. It was delicious and I decided it was a keeper. I serve this on brown rice or pasta, with sides of vegetables. On Monday night, that included fresh local corn.

### **Tempeh Lemon Bake**

1 lb. tempeh (2 - 8 ounce packages)  
1 large onion, sliced  
Juice of two lemons (or other citrus combo)  
1/4 cup olive oil  
3 tablespoons soy sauce  
2 garlic cloves, minced (optional)

Combine all ingredients. Marinate 3 hours. Bake 30 minutes at 400 degrees basting occasionally. Serves 6-8.



This dish can be made with less oil, soy sauce or garlic if necessary. I've added an additional step. Before marinating the tempeh, I cube it and put it in a saucepan with 1-2 cups of water. Bring water to a boil on high flame, turn to low and simmer for 10 minutes. This makes the tempeh softer and easier to marinate.

What kind of tempeh do I use? Today, I used [Lightlife Organic Tempeh](#), the three-grain kind. Organic soybeans with organic millet, organic brown rice and organic barley. Some people worry about eating soy products. I read an interesting blog post on the subject on Bronwyn Schweigerdt's site. She writes about Dr. Andrew Weil's thought on [soy](#).

Enjoy! ~Meg

**For more recipes and information on macrobiotics please visit Meg's Website:  
[www.megwolff.com](http://www.megwolff.com), and her blog at: [www.becoming-whole.com](http://www.becoming-whole.com)**