

# Facon Bacon

Source: Rising Flour Café, Asheville, N.C.; published in *The Best in the World*, edited by Neal Barnard, MD

Tempeh comes from fermented soybeans. It has a great texture and is very versatile. Find it in the refrigerated section near the produce.

## About the Recipe

**118 Calories · 11 g Protein · 2.2 g Fiber**

**Breakfast**

**Gluten-free · Nut-free**

Tempeh is a high-protein alternative to meat.

*Not all soy sauces are gluten free, so check the label. Tamari is usually safe.*

## Ingredients

***Makes 4 Servings***

- 1 tsp (5 mL) fennel seeds
- 1 tsp (5 mL) cumin seeds
- 1 tbsp (15 mL) soy sauce
- 3 garlic cloves, crushed
- 1/8 tsp (0.6 mL) ground black pepper
- 1 c (240 mL) water
- 8 oz (227 g) tempeh, sliced into bacon shapes

## Directions

1. Toast fennel and cumin in a dry skillet over medium heat.
2. Grind the spices and return to the skillet.

3. Add soy sauce (1 tbsp [15 mL] may suffice), garlic, black pepper, and water. Set skillet to simmer.
4. Add the sliced tempeh and simmer 15 to 20 minutes.
5. Then place the tempeh on a nonstick or oiled cookie sheet and broil until crisp (about 7 to 8 minutes), then turn and broil again.
6. The marinade will keep for one week refrigerated.

## Nutrition Facts

*Per serving (1/4 of recipe)*

**Calories:** 118

**Fat:** 6.3 g

**Saturated Fat:** 1.3 g

**Calories from Fat:** 48.2%

**Cholesterol:** 0 mg

**Protein:** 11 g

**Carbohydrates:** 6.9 g

**Sugar:** 0.9 g

**Fiber:** 2.2 g

**Sodium:** 198 mg

**Calcium:** 79 mg

**Iron:** 2.1 mg

**Vitamin C:** 0.9 mg

**Beta-Carotene:** 21 mcg

**Vitamin E:** 0.4 mg