VEGETARIAN STIR FRY w/ TEMPEH

Time: 15 min.
Servings: 2 people

Ingredients:
- ½ cup Asparagus
- ½ cup Broccoli
- 1 small onion chopped
- 1 block Tempeh, chopped into cubes
- 2 eggs
- 2 cups Spinach
- Splash of canola, peanut, or olive oil
- Sauce of your choosing (Soy, Szechuan etc.)
- 1 Cup Couscous (dry)

Directions:
- Boil water for Couscous and follow package instructions on box.
- While making Couscous, add oil and ingredients, in order, to fry pan and fry. Give some extra time for asparagus and broccoli. Add spinach at end.

Did you know? Tempeh was first made in Indonesia. Made from the whole soybean, tempeh is a fermented soybean product that is firm and has an earthy flavor. Tempeh is rich in fiber, protein, vitamins and minerals. It is a great alternative to meat for vegans and vegetarians.

Benefits: This recipe covers all the bases; protein from tempeh and eggs, fiber from veggies, and whole grains from tempeh and couscous.

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