

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- *February* -

DRIED BEANS

TEMPEH SANDWICH SPREAD

1/2 lb. organic Tempeh
2 stalks celery, minced
2 scallions, minced
1 garlic clove, minced
1 carrot, grated
1/2 red pepper, minced
1TBL. Parsley, chopped
1TBL. Chives, chopped
1/4 C. Mayonnaise
2 tsp. Dijon mustard
1 tsp. Sesame seeds, toasted
Salt and pepper to taste

In a large saucepan with a steamer basket gently steam tempeh covered for 15 minutes, let cool. Crumble the cooled tempeh into small pieces and put into a bowl. Add remaining ingredients and stir to mix. Store covered in refrigerator for up to 3 days.

Recipe by Robin Forte



For more information visit

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