

## Grilled tempeh and veggie skewers with chili-honey glaze on wild rice

### Ingredients

#### Skewers:

- 8 ounces tempeh, cut into 1-inch cubes
- 1 red bell pepper, cut into chunks
- 1 zucchini, sliced into thick half-circles
- 1 red onion, cut into wedges
- 1 cup cherry tomatoes

#### Marinade:

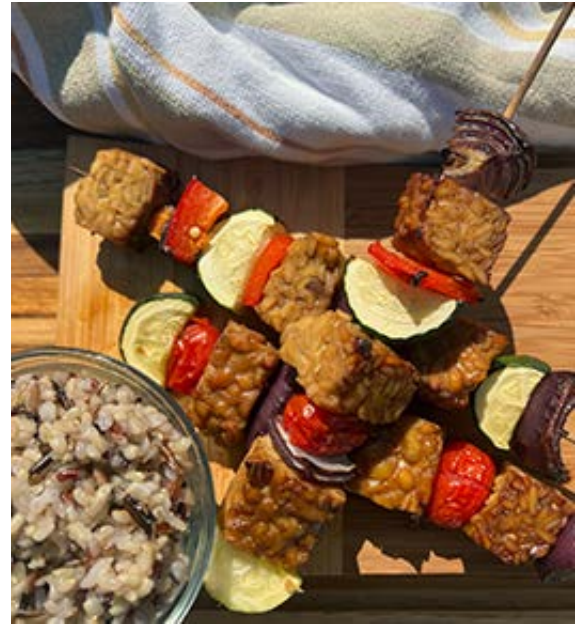
- 2 tablespoons tamari (gluten-free soy sauce)
- 1 tablespoon olive oil
- 1 tablespoon rice or apple cider vinegar
- 1 teaspoon smoked paprika
- 1 clove garlic, minced
- 1 teaspoon fresh ginger, grated
- Freshly ground black pepper

#### Chili-Honey Glaze:

- 2 tablespoons honey (or maple syrup)
- 1 tablespoon tamari
- 1 teaspoon sesame oil
- 1 teaspoon chili paste or hot sauce (adjust to taste)
- ½ teaspoon garlic powder

#### Wild rice:

- 1 cup wild rice (or blend), uncooked
- 2½ cups water or vegetable broth
- Pinch of salt



### Nutritional information

Servings: 4

Cost: \$14.30/\$3.58 per serving

Calories: 366 per serving

### Directions

- Place cubed tempeh in a steamer basket over simmering water, cover and steam for 10 minutes.
- In a bowl, whisk together marinade ingredients. Add cooled tempeh and gently stir to coat.
- Cover and marinate at least 30 minutes or overnight in refrigerator.
- In a pot, bring wild rice, water or broth and pinch of salt to a boil, then reduce heat to low. Cover and simmer 40 to 45 minutes or until rice is tender and water is absorbed. Fluff with a fork.
- Thread marinated tempeh, bell pepper, zucchini, onion and cherry tomatoes onto four skewers, alternating for color and balance.
- Preheat grill or grill pan to medium-high. Grill skewers for 3 to 4 minutes per side, turning gently, until veggies are tender and tempeh is golden.
- In a small pan, combine glaze ingredients and heat until bubbling, about 1 to 2 minutes.
- Brush glaze over each skewer or drizzle over entire plate just before serving.