



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## Tempeh Wingz

### INGREDIENTS:

- 1 8 oz pkg Tempeh, cut into thick strips
- 1/3 cup Soymilk
- 1/3 cup flour
- 1/2 tsp salt
- 1 tsp thyme
- 1 tsp Paprika
- 1/2 tsp Galic Powder
- 1 Cup Italian Seasoned panko crumbs ( For Gluten free, use regular Gluten Free panko with added Italian seasoning)

### DIRECTIONS:

- Bring 4 Cup water to a boil
- Reduce to med-hi heat, add tempeh and boil 15 min.
- Drain and rinse with cool water
- Set out 3 bowls and add (1) milk, (2) flour and spices, (3) panko
- Preheat oven to 400 deg
- To coat tempeh, dip in: milk > flour > milk > panko. Set on an oiled cookie sheet, or use parchment paper instead of oil.
- Lightly spray each “wing” with Pan spray
- Bake 10 min, flip and bake another 10 min

Serve with “Wing Sauce” or “Vegan Ranch Dressing”



