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## BUFFALO TEMPEH TENDERS

SERVES 2-4 AS AN APPETIZER

### INGREDIENTS:

1 8-ounce package SoyBoy Tempeh, filleted down the middle and cut into 1½" strips  
2 cups Rice Chex (or gluten-free panko breadcrumbs)  
1 cup Buffalo Sauce of your choice (We used Frank's Red Hot, but you can make your own or purchase pre-made buffalo wing sauce depending on your heat preference.)  
Pinch of salt, pepper, cayenne & paprika  
Vegan Blue Cheese and/or Ranch Dressing  
Carrots or Celery

### PROCEDURE:

Preheat oven to 375°.

Cut tempeh into strips 1½ inch thick, then cut widthwise for thin, crispy results.

Marinate strips in a flat container with ½ cup buffalo sauce. Coat completely.

While tempeh is marinating, pulse the cereal in a food processor or crush by hand until you have breadcrumb sized pieces. Stir spices into breadcrumbs.

Coat marinated tempeh on all sides with breadcrumb mixture.

Bake tempeh on a cookie sheet for 20-25 minutes, flipping halfway through.

Brush tempeh on all sides with remaining hot sauce, then broil for 3 minutes on each side.

Serve with your choice of dipping sauce and carrots or celery.

### HINTS:

Try BBQ, sweet and sour, sweet chili, or honey mustard versions.

The tenders make hearty and delicious sandwiches, salads, and wraps, too!

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