

TLT SANDWICH (TEMPEH, LETTUCE, & TOMATO)



Pamela Sharpe, MS, NP
Nurse Practitioner & Chef

Pamela's Note:

TLT (tempeh, lettuce, and tomato) sandwich is a healthier version of a classic BLT. We are utilizing Tempeh - a plant-based protein. May decrease salt to a pinch (1/16 tsp) to decrease sodium to 616 mg/serving or eliminate added sea salt. Spices substitute smoked paprika for Spanish or regular paprika. Sumac for ground coriander or squeeze of lemon to additionally reduce sodium.



[WATCH: Pamela takes the intimidation out of cooking this delicious plant-based option on youtube!](#)

Ingredients

4 Slices of whole grain bread, lightly toasted
7-8 oz of Tempeh, sliced into ½ inch slices
4 slices of tomato
4 slices of lettuce (Red leaf, Romaine, Baby Kale, or Spinach)
¼ avocado
Optional: ¼ cup of vegetable broth or 1 tsp of olive oil for cooking.

Marinade Ingredients

2.5 Tablespoons-Coconut Aminos
½ tsp smoked paprika
1/16 to 1/8th tsp Pink Himalayan Sea salt
1/8th black pepper
½ tsp of maple syrup (optional)
1/8 tsp of cumin
1/16 tsp sumac (optional)

Directions - 2 servings

1. Place all ingredients for the marinade into a covered dish.
2. Rest and set aside for at least 15 minutes to 1 hour but may be marinated overnight.
3. Wash vegetables thoroughly, and slice tomatoes into ¼-inch thick slices.
4. Cut and remove the pit of the avocado, and remove ¼ of avocado
5. Preheat the skillet to low-medium heat.
6. Take Marinated Tempeh and add a small amount of cooking liquid or oil to the skillet, flipping every 2-3 minutes for a max of 10 minutes until done.
7. Assemble the TLT, Toasted bread, sliced avocado, cooked tempeh, tomato, and lettuce, as a bonus, spread a smear of hummus, such as Roasted Red pepper Hummus makes for an extra special treat!

Nutritional Information 404 kcal, 54 g Carbs, 9 g fat, 28 g protein, 695mg sodium

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MEET PAMELA SHARPE, MS, FNP NURSE PRACTITIONER & TRAINED CHEF

INTEGRATIVE MEDICINE PROVIDER



ANCC Board-Certified Family Nurse Practitioner



Trained chef



Specializes in integrative & lifestyle medicine at the Osher Center for Integrative Health at the University of Cincinnati



Her philosophy is that it is never too late to change and even the smallest lifestyle changes can lead to lasting results



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