

# CORNMEAL CRUSTED TEMPEH

**2 8-OUNCE PACKAGES TEMPEH, EACH CUT INTO THIRDS**  
**1/2 CUP TAMARI SAUCE**  
**3 TABLESPOONS MAPLE SYRUP**  
**1 TABLESPOON MINCED GARLIC**  
**3 SLICES FRESH GINGER**  
**1/2 CUP MEDIUM GROUND CORNMEAL**  
**1 TEASPOON CRUSHED RED PEPPER FLAKES (I USE ABOUT HALF)**  
**1 TEASPOON DRIED THYME**  
**1 TEASPOON DRIED OREGANO**  
**1 TEASPOON GROUND CUMIN**  
**PINCH SEA SALT**  
**1/2 CUP EXTRA-VIRGIN OLIVE OIL**

- 1. PREHEAT OVEN TO 350.**
- 2. PLACE THE TEMPEH IN A BAKING DISH. IN A SMALL BOWL, WHISK TOGETHER THE TAMARI SAUCE, 1/2 CUP WATER, THE MAPLE SYRUP, GARLIC, AND GINGER AND POUR OVER THE TEMPEH. COVER AND BAKE FOR 1 HOUR. REMOVE FROM THE OVEN AND SET ASIDE TO COOL. DRAIN AND CUT THE TEMPEH INTO HALVES OR TRIANGLES.**
- 3. IN A LARGE SHALLOW BOWL, MIX TOGETHER THE CORNMEAL, RED PEPPER FLAKES, THYME, OREGANO, CUMIN, AND SEA SALT. DIP THE TEMPEH PIECES INTO THE CORNMEAL MIXTURE TO COAT.**
- 4. IN A LARGE SKILLET, HEAT THE OIL OVER MEDIUM-HIGH HEAT UNTIL VERY HOT. COOK THE COATED TEMPEH UNTIL GOLDEN BROWN, ABOUT A MINUTE PER SIDE.**
- 5. REMOVE FROM THE HEAT, AND SERVE AT ONCE.**

# **CLASS OF THE WEEK**

## **PEAK PERFORMANCE**

**THIS COMBINATION OF CARDIO AND WEIGHTED INTERVALS WILL CHALLENGE YOUR BODY AND MIND—GUARANTEED. A VARIETY OF WEIGHTS, STEPS, AND BOXING MOVES WILL MOTIVATE YOU TO REACH YOUR PEAK PERFORMANCE!**

**MONDAY NIGHT'S FROM 6:00-7:00  
WITH ROBIN**