



Vegan Chicken Salad

4 Servings • 1 Serving = ½ Cup

Developed for CHEF by Olivia Allen, Student at the Culinary Institute of America

INGREDIENTS

- 8 ounces tempeh
- 1 ripe avocado
- Juice of 1 lime
- 1/8 teaspoon salt
- 1 Tablespoon olive oil
- 1 Tablespoon less sodium soy sauce
- 1 clove garlic, minced
- 1 teaspoon fresh dill
- 1 celery stalk, diced
- 2 green onion stalks, chopped
- 2 Tablespoons fresh parsley, chopped

DIRECTIONS

1. Steam tempeh 15 minutes and cool. Cut into ½" cubes.
2. Blend the avocado, lime juice, salt, and olive oil to create a mousse.
3. In large mixing bowl, combine soy sauce, garlic, dill, celery, green onion, and parsley. Add in the mousse and stir.
4. Add tempeh to the mixture and stir.

Nutrition Facts

4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 2mg	10%
Potassium 507mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,500 calories a day is used for general nutrition advice.

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