



# Cooking in the Kitchen at Olums

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*Delicious Recipes  
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## BBQ Tempeh Sandwiches with Maple BBQ Sauce

Serves 4

### Ingredients:

2 cups sliced sweet onion

One 8-ounce package tempeh (such as Lightlife Organic Three Grain Tempeh), cut into ½-inch-thick slices

¼ cup Maple BBQ Sauce (*see recipe below*)

4 whole wheat rolls

### Directions:

1. Heat a large skillet over medium heat. Sauté the onions and tempeh until onions are tender and tempeh is lightly browned, about 5 to 7 minutes. Remove the skillet from the heat and set aside.
2. While the onions are cooking down prepare the BBQ sauce.
3. Spread 1/4 cup of the BBQ sauce over the cooked onions and tempeh, stirring to combine.
4. Serve the tempeh and the onions on top of a whole wheat roll, and serve at once. Add extra BBQ sauce to sandwiches as desired.

## Maple BBQ Sauce

Serves 16 (1 Tbsp each)

### Ingredients:

1 cup ketchup

½ cup pure maple syrup

2 tablespoons lemon juice

1 teaspoon liquid smoke

1 teaspoon dry mustard

1 teaspoon freshly ground black pepper

1 teaspoon garlic powder

### Directions:

Combine all the ingredients in a small saucepan and cook over medium heat, stirring frequently, until the sauce is about to boil. Lower the heat to low and simmer, stirring frequently, for 20 minutes until thickened.