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*Our Heart "Beets" Plant Strong*

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## Tempeh Reuben

### Reuben Sauce

- 1 box (12-ounce) silken tofu
- 4 teaspoons horseradish (tailored to taste)
- ¼ cup plus 1 tablespoon ketchup
- 3 teaspoons lemon juice
- ¼ cup plus 2 tablespoons relish (spicy relish is our favorite)
- ½ teaspoon cayenne pepper

### Directions

1. Mix all ingredients in a food processor until completely blended.
2. Can be stored in the refrigerator for about 1 week.

### Reuben Ingredients

- Reuben sauce
- Tempeh
- Sauerkraut

### Directions

1. Thinly slice desired amount of tempeh.
2. Rinse sauerkraut to reduce sodium content.
3. Place a few tablespoons Reuben Sauce in a skillet with a small amount of water.
4. Place sliced tempeh and desired amount of sauerkraut on top of sauce and mix in. Heat tempeh and mix all flavors well.
5. Add more Reuben Sauce as desired.
6. Once warmed, scoop the Reuben mixture onto your sandwich or salad.

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b>	224
<b>% Daily Value *</b>	
<b>Total Fat</b> 6 g	<b>9 %</b>
Saturated Fat 1 g	<b>3 %</b>
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 526 mg	<b>22 %</b>
<b>Potassium</b> 437 mg	<b>12 %</b>
<b>Total Carbohydrate</b> 27 g	<b>9 %</b>
<b>Dietary Fiber</b> 7 g	<b>27 %</b>
<b>Sugars</b> 14 g	
<b>Protein</b> 20 g	<b>39 %</b>
Vitamin A	<b>4 %</b>
Vitamin C	<b>53 %</b>
Calcium	<b>8 %</b>
Iron	<b>13 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	