

Buffalo Tempeh Tenders

Buffalo tempeh tenders are a vegetarian version of everyone's favorite Buffalo chicken tenders, just perfect for tailgating!

Recipe by [Trinidad Alvarez](#) | Created on **Mar 10, 2022**

Ingredients

- 1 egg
- 1 cup matzo meal
- 1 (8 ounce) package tempeh, sliced into 1/4-inch thick slices
- vegetable oil
- ½ cup Buffalo wing sauce, or to taste
- ½ cup blue cheese salad dressing, or to taste

Directions

- Whip egg in a bowl for 30 seconds to 1 minute. Pour matzo meal into a separate bowl.
- Dip tempeh slices in egg, then coat in matzo meal to coat completely.
- Heat oil in a skillet to 350 degrees F (175 degrees C). Fry breaded tempeh until golden brown, 3 to 5 minutes. Transfer to a plate lined with paper towels to cool briefly.
- Transfer tempeh to a bowl and add enough Buffalo wing sauce to cover. Cover bowl and shake until evenly coated. Serve with blue cheese dressing.

Nutrition Facts

Serving: **4 servings** | Calories: **455.4 kcal** | Carbohydrates: **39.6 g** | Protein: **17.4 g** | Saturated fat: **5.2 g** | Cholesterol: **51.7 mg** | Sodium: **1190.1 mg** | Fiber: **1 g** | Sugar: **1.4 g**

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