

Smoky Tempeh Apple Bites

Catherine Brown, Plant-based Chef and Culinary Nutritionist at [A Seat at My Table](#)



Each package contains about 9 strips which will easily make around 40 appetizers.

Here's how I made them.

Total Time: ~50-60 minutes Prep Time: ~25 minutes, including assembly Grill time: 10-12 minutes Bake Time: 15-18 minutes

For 40 pieces you'll need:

- 1 pkg organic smoky tempeh strips
- 6-8 Macintosh apples, depending on size
- 1 med/lg yellow or red onion
- 1 lemon
- 1 Tbsp rubbed sage
- 1 tsp fennel seeds
- 3/4 tsp black peppercorns or 1/2 tsp crack black pepper
- 1/2 tsp smoked salt

1. Peel the apples and cut into ~ 1/2" cubes. The easiest way to do this is to slice around the core using a grid. Here's a wikiHow [link](#) to see how it's done. You will need 40 cubes of roughly the same size. Save the apple scraps to toss in your oatmeal or smoothie in the morning.
2. Cut the lemon in half and squeeze the juice over the apples. Remove any seeds and toss to evenly coat.
3. Add the peppercorns and whole fennel seeds to the mortar and crush them to a coarse powder with the pestle. Alternatively, use a coffee grinder to coarsely grind the spices.

4. Pre-heat oven to 375 degrees. Heat a cast iron grill pan on the stove or light your BBQ grill. For just one onion, I prefer to use my grill pan. However, if you're prepping a bunch of vegetables for the week you may prefer to use your outdoor grill.
5. Line two cookie sheets or jelly roll pans with parchment paper. In the first, spread the strips of smoky tempeh, taking care not to tear or break them. If this happens, don't worry. They'll still work. It's just easier to get even cubes if they don't break). Put them in the bottom rack of the oven. Bake 15-20 minutes, flipping them over halfway through. They should be slightly brown and darker around the edges and ends.
6. Drain any excess lemon juice from the apples. Add the spices to the apples, tossing gently to evenly coat.
7. Spread the apples onto the second lined cookie sheet in a single layer. Bake on the middle rack for 15-20 minutes, being careful not to overbake. Overbaking will result in blowouts or apples too soft to hold their shape.
8. Peel the onion and slice into 1/4" slabs. Don't separate the rings. Once the grill is hot, carefully add the onions. Grill on each side until nicely charred, ~ 3-4 minutes per side.
9. To assemble, cut the smoky tempeh strips into 1/2" squares. Set two pieces on top of each other at an angle (see photo below).
10. Place a cube of apple on top of the tempeh and secure by poking a toothpick straight into the center. Don't allow the toothpick to go in farther than the tempeh or they won't sit securely on a serving tray.
11. Cut the grilled onions into 3/4" pieces. You will likely have some extras. Use them in another dish. Wrap a piece of onion around the toothpick. They should be moist and slightly sticky and will stay in place (see first photo at the top). The very center of the onion can be placed directly over the toothpick to sit on top of the apple (see photo below).

These are delicious warm or at room temperature. They make the perfect autumn or Thanksgiving appetizer. Enjoy!

NOTE: This brand of smoked tempeh uses soy sauce that contains wheat. If you would like to make a gluten-free version, use plain tempeh and marinate for 30-60 minutes in your favorite marinade, or try this one:

Unwrap one package of plain tempeh, carefully separate the strips and place in a container or ziplock bag, single layer as much as possible. In a small bowl, combine 1 Tbsp low-sodium gluten-free tamari or soy sauce, 1 Tbsp water, 1 tsp pure maple syrup, 1/2 tsp smoked paprika, 1/4 tsp cracked black pepper, 1/4 tsp granulated garlic. Mix well, adjust seasoning to your taste and pour over tempeh strips.

Likewise, look for a brand of smoked tempeh that does not contain gluten (most likely found in the soy sauce used to season). I haven't found one near me yet.

Nutrition Facts	
Servings: 40	
Per Serving	% Daily Value*
Calories 48	
Total Fat 0.8g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 116mg	5%
Potassium 83mg	2%
Total Carb 9g	3%
Dietary Fiber 2.2g	8%
Sugars 5.4g	
Protein 2g	
Vitamin A 0% · Vitamin C 9%	
Calcium 1% · Iron 3%	
*Based on a 2,000 calorie diet	
Recipe analyzed by verywell	

When you make this, let me know how it turned out. Be sure to take a photo and tag me #chefcatherinebrown.

Nutrition information is for one skewer.