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Salisbury Seitan

Country-fried Salisbury steak inspired this healthy, home-style dish, which can be put together up to 24 hours in advance.



Avg rating: 0 based on 0



From: [Ann Gentry](#)
 Show: [Naturally Delicious](#)

Ingredients

- 1/3 cup canola oil, plus 1 teaspoon for to oil baking dish
- 1/4 cup Dijon mustard
- 1/4 cup tahini
- 2 tablespoons tamari
- 2 tablespoons water
- 1 1/2 teaspoons dried thyme
- 1 teaspoon dried sage
- 1 teaspoon freshly ground black pepper
- 2 pounds seitan (available in health food stores) or 2 pounds Basic Seitan recipe

Preparation

Lightly oil a 13- by 9- by 2-inch baking dish. Whisk the first 8 ingredients together in bowl to blend.

Cut seitan into twelve 1/2- to 3/4-inch-thick triangles. Dip triangles in the marinade and arrange in the prepared dish, overlapping slightly. Pour remaining marinade over seitan. Cover and refrigerate at least 1 hour and up to 1 day.

Preheat oven to 425 degrees. Bake seitan triangles uncovered for about 15 minutes, turning once, until marinade is absorbed and seitan triangles are heated through and golden brown.

Transfer seitan triangles to plates to serve.

Level: Easy
Servings: 6
Cook Time: 15 min
Ready In: 1 hr 30 min

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