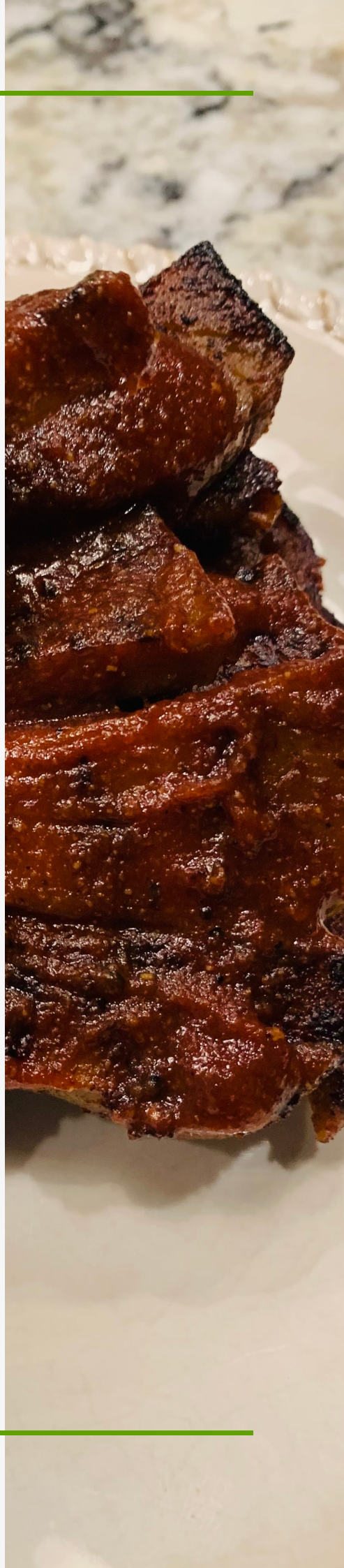
BBQ RIBZ

INGREDIENTS:

- 1 lb of seitan slices
- 4 tablespoons extra virgin olive oil
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon kosher salt
- 1 cup Tablespoon BBQ Sauce *see attached recipe



DIRECTIONS:

1. Season seitan with onion and garlic powder, salt, and pepper.
2. Stack seitan slices in a neat pile and cut into 1/2 wide strips.
3. Heat a grill pan over medium and add 2 tablespoons of EVOO.
4. Add strips of seitan and cook for 3-4 minutes on one side, then turn and cook on the other side for another 2-3 minutes. Add more EVOO if pieces start to stick to the pan.
5. Once both sides have beautiful grill marks, remove from heat and slather with BBQ sauce.
6. Serve while warm.

Notes:

1. You can season and marinade your seitan however you like before grilling.
2. 2. f you don't have a grill pan you can use a non-stick skillet.