

Tofu Sheet Pan Stir Fry

Prep Time 15 mins
 Total Time 45 mins
 Meal Type Lunch, Dinner
 Contributed By



Source Living Plate Teaching Kitchen

Servings 2



Ingredients

lb,c g,ml

- 1 bell pepper, red, *chopped*
- 1 bell pepper, orange, *chopped*
- 2 large carrots, *sliced*
- 2 scallions
- 1 cups broccoli, *chopped*
- 12 oz tofu, extra firm, *cubed*
- 2 Tbs tamari Or low-sodium soy sauce
- 1 tsp garlic, *minced*
- 2 tsp maple syrup
- 2 tsp ginger, *grated*
- 2 tsp olive oil

Directions

Prep

1. Preheat oven to 375°.
2. Chop peppers, carrots, green onions, broccoli, and cube drained tofu.
3. Mince garlic and ginger.
4. In a small bowl, mix together tamari, garlic, maple syrup, and ginger.

Make

1. On a lined sheet pan, cook tofu for about 15 minutes.
2. After tofu has cooked a little, then add in the veggies and sauce mixture to the same pan as the tofu.
3. Pour sauce mixture over all veggies and tofu.
4. Bake for about 20 minutes until vegetables are cooked and tofu browns a bit.

Notes

Incorporate other vegetables like cauliflower, green beans, or onions too.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 14.2g		21%	Total Carbohydrates 39g
Saturated Fat 1.7g		8%	Dietary Fiber 9g	36%
Trans Fat 0.0g			Total Sugars 21g	
Cholesterol 0mg		0%	Protein 23g	
Sodium 1081mg		47%		
Vitamin D 0mcg 0% · Calcium 337mg 33% · Iron 5mg 25% · Potassium 968mg 20%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -