in good health
Functional Medicine Certified Health Coach
500 YTT Yoga Certification
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Advanced Training in Gut Health from IIN

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Sheet Pan Tofu Stir Fry

Contributor:

Source Julie Gilbert

Prep time	Total time	Meal type	Servings
15 minutes	45 minutes	Lunch, Dinner	2

Ingredients

- 1 bell pepper, red*, chopped*
- 1 bell pepper, orange*, chopped*
- 2 large carrots*, sliced*
- 2 scallions
- 1 cup 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.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	**366**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 2g	**9%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 1081mg	**47%**
Total Carbohydrates 39g	**14%**
Dietary Fiber 9g	**33%**
Total Sugars 21g	
Protein 23g	
Vitamin D N/A	0%
Calcium 337mg	26%
Iron 5mg	26%
Potassium 968mg	21%

* The % 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.

Notes

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

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' 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