

# Sheet Pan Tofu and Veggies

Swick

Makes 2 servings | Active Time: 30 minutes | Total Time: 30 minutes

## Chef's Notes

Nutrition per serving (recipe makes 2 servings): Calories 377; Fat 17g ; Carbs 44g ; Fiber 12g; Sugar 14g; Protein 19g; Cholesterol 0mg; Sodium 877mg; Vitamin A 22978IU; Vitamin C 122mg; Calcium 483mg; Iron 6mg

## Step 1: Method

- 1 1/3 Garlic, cloves, minced
  - 2 tsp Paprika (14 grams)
  - 2/3 tsp Dried Thyme (3 grams)
  - 2/3 tsp Sea Salt (4 grams)
  - 1/8 tsp Black Pepper (a pinch)
  - 1 1/3 tbsp Avocado Oil (20 mL)
  - 9 1/3 oz Tofu, firm, patted dry and cubed (234.6 grams)
  - 2 Sweet Potatoes, sliced
  - 1 1/3 Red Bell Peppers, roughly chopped
  - 2 2/3 cups Green Beans, trimmed and halved
1. Preheat oven to 450°F (232°C) and line a baking sheet with foil.
  2. In a large mixing bowl, add garlic, paprika, thyme, salt, pepper and 2/3 of the avocado oil. Whisk until combined.
  3. Add sliced tofu into the bowl and toss well to coat. Transfer to the baking sheet.
  4. Add bell pepper and green beans to the same bowl and toss with remaining avocado oil. Transfer to a baking sheet and bake the tofu, bell pepper and green beans for 20 minutes.
  5. Add the sliced sweet potato on a separate baking sheet lined with parchment paper and drizzle with additional avocado oil. Bake for 30 minutes, tossing halfway.
  6. Remove from the oven and divide onto plates. Adjust seasoning as needed.

Enjoy!

Refrigerate leftovers in an airtight container up to 3 days.

No Tofu? Use tempeh or chickpeas in the paprika mixture instead.