



Sheet Pan Tofu and Veggie Fajitas

Prep Time 15 mins
Total Time 40 mins
Meal Type Lunch,Dinner
Contributed By LivingPlateRx
Source Living Plate Teaching Kitchen
Servings 4



Spice Blend

Ingredients

lb,c g,ml

- 1 tsp Chili Powder
- 1 tsp Cumin, ground
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 1/2 tsp Black Pepper, ground
- 1/4 tsp Salt
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder

Directions

Make

1. Combine all ingredients in a small bowl and set aside.

Fajitas

Ingredients

lb,c g,ml

- 1 1/2 lb Tofu, extra firm, *sliced*
- 1 Red Bell Pepper, *Sliced*
- 1 Green Bell Pepper, *Sliced*
- 1 White Onion, *sliced*
- 2 Cloves Garlic, *minced*
- 2 Tbs Olive Oil
- 1/4 cups Cilantro, *Chopped*

Directions

Prep

1. Preheat oven to 425° Fahrenheit.
2. Line a large sheet tray with parchment paper.
3. Wash and cut all vegetables.

Make

1. Spread tofu, peppers, onion, and garlic on the sheet tray. Pour the olive oil and spice blend over the pan and toss

- together with hands.
- 2. Bake in the oven for 25 minutes or until vegetables are tender. Remove from oven.
- 3. Finish with cilantro and serve with Lime-Yogurt Sauce and Pico de Gallo.

Lime-Yogurt Sauce

Ingredients

lb,c g,ml

- 1 cups plain yogurt (or non-dairy option)
- 1/4 tsp Chili Powder
- 1/2 Lime, *Juiced and Zested*

Directions

Make

1. While Fajitas are cooking, combine all ingredients in a bowl and reserve until service.

Pico De Gallo

Ingredients

lb,c g,ml

- 3 Tomatoes, *diced*
- 1/4 White Onion, *diced*
- 2 Tbs Cilantro, *Chopped*
- 1/4 Jalapeno Pepper
- 1/2 Lime, *Juiced and Zested*
- 1 Clove Garlic, *Minced*

Directions

Prep

1. Wash and cut vegetables.

Make

1. While fajitas are cooking, combine ingredients in a bowl and reserve until service.

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*
Calories per serving	297	Total Fat 16.4g	25%	Total Carbohydrates 20g	6%
		Saturated Fat 2.6g	12%	Dietary Fiber 5g	21%
		Trans Fat 0.0g		Total Sugars 9g	
		Cholesterol 3mg	0%	Protein 25g	
		Sodium 209mg	9%		
Vitamin D 0mcg 0% · Calcium 589mg 58% · Iron 5mg 26% · Potassium 792mg 16%					

* 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.

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