



# Tofu Sheet Pan Stir Fry



2 servings



15 mins prep | 45 minutes total time

## Per serving:

366 calories  
39 g carbs  
9 g fiber  
13 g fat  
23 g protein

## 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.



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