

Sticky Sheet Pan Tofu Stir Fry

9 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the tofu and half of the tamari to a mixing bowl and toss to coat the tofu in the tamari. Transfer the tofu to one side of the baking sheet. To the same mixing bowl add the broccoli, carrot, and bell pepper. Add half the remaining tamari and mix until the vegetables are lightly coated in the tamari. Transfer the vegetables to the other side of the baking sheet.
3. Bake the tofu and veggies for 20 minutes.
4. Meanwhile, in the mixing bowl combine the remaining tamari, maple syrup, garlic, ginger, and red pepper flakes.
5. Flip the tofu and the vegetables then drizzle with the maple ginger sauce. Continue baking for eight to 10 minutes until the sauce is sticky and bubbly. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Sesame seeds, sliced green onion, or more tamari.

Vegetables

Use cauliflower, bell pepper, snap peas, zucchini, or green beans instead.

No Tamari

Use soy sauce or coconut aminos instead.

No Maple Syrup

Use honey or another liquid sweetener instead.

Serve it With

Rice, cauliflower rice, or quinoa.

Ingredients

- 7 1/16 ozs Tofu (extra-firm, pressed, cut into 1-cm thick triangles or cubes)
- 2 tbsps Tamari (divided)
- 2 cups Broccoli (cut into florets)
- 1 Carrot (large, peeled and sliced)
- 1 Red Bell Pepper (medium, chopped)
- 1 tbsp Maple Syrup
- 1 Garlic (small clove, minced)
- 1/4 tsp Ground Ginger
- 1/8 tsp Red Pepper Flakes

Nutrition

Amount per serving

Calories	182	Vitamin C	160mg
Fat	6g	Calcium	356mg
Saturated	1g	Iron	4mg
Carbs	22g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.5mg
Sugar	13g	Folate	103µg
Protein	15g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	75mg
Sodium	1064mg	Zinc	2mg
Potassium	711mg	Selenium	16µg
Vitamin A	7572IU		