

Sheet Pan Veggie and Tofu Dinner by Ashley Madden

This is an easy sheet pan dinner. Don't let the long list of ingredients fool you – it's mostly spices! First you toss the tofu in spices and bake. Then you toss the veggies in spices and add to the pan of tofu and bake. The sauce is optional. I often just add a squeeze of lemon when I'm too busy! See variations for more serving ideas.

Makes 3 servings

Time: 45 minutes

INGREDIENTS

Tofu

- 1 (14 ounce/400 g) block extra firm tofu
- 2 teaspoons (10 ml) soy sauce or tamari
- 1 teaspoon smoked paprika
- 1 teaspoon nutritional yeast
- ¾ teaspoon garlic powder

Veggies

- 4 cups (400 g) bite size cauliflower florets (1 small head cauliflower)
- 1 red, yellow, or orange Bell pepper, seeds and stem removed, cut into 1-inch (2.2 cm) pieces
- 1 red onion, cut into 1-inch pieces
- 3 tablespoons (12 g) nutritional yeast
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- ½ teaspoon sea salt or to taste
- Pinch black pepper or to taste
- Lemon slices

Tahini Sauce

- ¼ cup (60 g) stirred tahini
- 2 tablespoons (30 ml) apple cider vinegar
- 1 teaspoon maple syrup
- ¼ teaspoon ground cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon sea salt (omit if using hot sauce)
- ½ to 1 teaspoon vinegar based hot sauce, optional
- Water to thin

HOW-TO

Preheat the oven to 425°F (220°C) and line a large baking sheet or 2 medium sheets with parchment paper.

Meanwhile, prepare the tofu. Drain the tofu and cut into $\frac{3}{4}$ inch (1.9 cm) cubes and place in a large bowl. In a small, separate bowl, mix the smoked paprika, nutritional yeast, and garlic powder.

Pour the tamari or soy sauce over the tofu and toss until all the tofu is coated. Sprinkle half the spice mix over the tofu and toss again with a spatula. Sprinkle the remaining spice mix over the tofu and toss again until all tofu is coated in spices. Once the oven is preheated, spread the tofu out on one side of the parchment-lined pan and bake for 10 minutes.

Now prepare the veggies. Put all the chopped veggies in a large bowl (rinse and dry the same bowl used for the tofu).

Mix the spice mixture for the veggies (nutritional yeast through black pepper) in a small bowl (same bowl used for the tofu spices) and sprinkle half the spice mixture onto the veggies and toss to combine. Sprinkle the remaining spice mixture over the veggies and toss until all the veggies are coated in spices.

After 10 minutes, move the tofu over to one side of the pan and spread the veggies out on the other side of the pan in a single layer. Bake for another 25 to 30 minutes or until the veggies are tender (maybe beginning to brown on their edges) and the tofu is firm. Divide among bowls and enjoy! See Variations for serving suggestions.

While the veggies and tofu are baking, **make the tahini sauce** (if using). Whisk all ingredients together in a bowl and add water, one to two tablespoons (15-30 ml) at a time, as needed to get a pourable consistency. I usually add about 6 tablespoons of water.

Variations

You can serve this meal as is or pair with just-cooked brown rice or quinoa. I usually make a batch of quinoa or brown rice on Sundays and reheat it.

Prepare Ahead

If you want to prep some of this meal the night before or the morning of, you can chop all the veggies and keep them in a container in the fridge and you can also measure the spices for both the tofu and veggies and keep them in separate bowls on the counter. You can also make the sauce ahead of time.



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