HolyName

Tofu and Cashew Sheet Pan Stir Fry

Prep Time	15 mins
Total Time	45 mins
Meal Type	Dinner
Contributed By	LivingPlateRx
Source	Living Plate
Servings	2

Ingredients

lb,c | g,ml

- 1 pepper, red bell, *chopped*
- 1 pepper, orange bell, *chopped*
- 2 carrots, *chopped*
- 2 green onions, *chopped*
- 1 cup broccoli, *chopped*
- 6 oz tofu, firm, *cubed* 1/2 package, drained
- 1/4 cup cashews, raw
- 2 Tbs tamari
- 1 clove garlic, *minced*
- 2 tsp maple syrup
- 2 tsp ginger, *minced*
- 2 Tbs olive oil

Directions

Prep

1. Chop bell peppers, carrots, green onions, broccoli.
2. Preheat oven to 375°.
3. In a small bowl, mix together tamari, garlic, maple syrup, and ginger.
4. Mince ginger and garlic.
5. In a small bowl, mix together tamari, garlic, maple syrup, and ginger.
6. Remove tofu from package, cut into 1 inch cubes and drain excess liquid.

Make

1. On a lined sheet pan, spread out vegetables, firm tofu, and cashews.
2. Drizzle with sauce.
3. Cook for 30 minutes or until cooked through.

Notes

Add other vegetables like cauliflower, green beans, and onions.

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

Calories per serving **454**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 26.2g	40%	**Total Carbohydrates** 44g	14%
Saturated Fat 3.9g	19%	Dietary Fiber 9g	34%
Trans Fat 0.0g		Total Sugars 17g	
Cholesterol 0mg	0%		
Sodium 1086mg	47%	**Protein** 18g	

Vitamin D 0mcg 0% · Calcium 212mg 21% · Iron 4mg 23% · Potassium 1046mg 22%

* 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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