



Tofu and Cashew Sheet Pan Stir Fry

Prep Time 15 mins
Total Time 45 mins

Meal Type Dinner
Contributed By



Source [Living Plate](#)

Servings 2



Ingredients

- 1 red bell pepper, *chopped*
- 1 orange bell pepper, *chopped*
- 2 carrots, *chopped*
- 2 green onions, *chopped*
- 1 cup broccoli, *chopped*
- 6 oz firm tofu, *cubed* 1/2 package, drained
- 1/4 cup raw cashews
- 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.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 20.75g		31%	Total Carbohydrates 43.75g
Calories 433			Dietary Fiber 11.49g	45%
per serving			Total Sugars 16.67g	
			Protein 26.68g	

* 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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