

Come Cook with Us - Fall 2022

Tofu Sheet Pan Dinner

Portions: 6

Serving size: $\frac{1}{6}$ of the recipe

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Total Time: 1 hr

Ingredients:

- 4 double boiled potatoes, chopped into chunks
- 3 carrots, chopped into 1-inch pieces
- 3 stalks of celery, chopped into 1-inch pieces
- 2 yellow onions, thinly sliced into wedges
- 1 yellow bell pepper, chopped into 1-inch pieces
- 2 packages (350g each) of extra firm tofu
- $\frac{1}{4}$ cup low sodium vegetable stock
- $\frac{1}{2}$ cup olive oil
- 1 lemon, juiced (~3 tbsp)
- 4 garlic cloves, minced
- 2 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp Dijon mustard
- $\frac{1}{2}$ tsp freshly ground black pepper
- 2 tbsp finely chopped fresh parsley

Instructions:

1. Preheat the oven to 375°F. In a small bowl, whisk together the stock, oil, lemon juice, garlic, oregano, thyme, mustard, and pepper.
2. Prepare your tofu by wiping away any excess moisture on the outside. Wrap the tofu in a towel or several paper towels and place it on a plate with something heavy on top (a cast iron skillet works great) and then let sit for 15-30 minutes to release as much moisture as possible.
3. Unwrap the tofu bricks and cut it into 3 even sheets, divide the sheets in 3 more pieces, then cut each of those pieces diagonally in half so you have triangles.
4. Place the tofu pieces in a bowl and pour $\frac{2}{3}$ of the marinade on top, then use your hands to carefully toss the tofu in the marinade making sure it's well coated. Marinate for 10 to 15 minutes.



5. *Meanwhile, Toss the boiled potatoes (double boiled if you are watching potassium), bell pepper, onion, celery and carrots in the remainin marinate and place onto the baking sheet.*
6. *Nestle the tofu around the veggies on the baking sheet, and bake for 45 minutes.*
7. *Sprinkle the tofu and vegetables with chopped fresh parsley before serving.*

Recipe adapted from Brita Britnell's [Sheet Pan Baked Tofu & Veggies](#).