



## Tried and Tested: Miso Maple Tofu and Veggies Sheet Pan Dinner

*This simple meal is quick, healthy and delicious. Not a fan of tofu? Substitute salmon or chicken instead.*

**Recipe tested by:** Edie Shaw-Ewald, PDt

### Ingredients:

- 1 head of broccoli, cut into florets, dice stem
- 1 large sweet potato, cubed
- 1 block firm tofu, cubed
- 1 red bell pepper, sliced
- 1 Tbsp avocado oil
- 1/2 tsp chipotle pepper powder
- 1 tsp red pepper flakes
- 1/2 tsp smoked or sweet paprika
- 1 tsp garlic powder
- couple of pinches of salt
- sprinkling of sesame seeds
- 3 cloves of garlic finely diced



### Miso Maple Dressing:

- 2 tbsp lime juice
- 2 tbsp miso
- 2 tbsp water
- 2 tbsp maple syrup
- pinch of salt
- 2 tsp olive oil

### Instructions:

1. Preheat the oven to 400 degrees F
2. Add all of the veggies and tofu (except sesame seeds and garlic) to sheet pan in one layer. Drizzle oil all over and toss with hands.
3. Mix the spices and salt in a small bowl. Add the spice mix to the veggies and tofu and mix with hands.
4. Bake at 400 degrees F for 25 minutes.
5. Sprinkle the sesame seeds and garlic on top of veggies and tofu. Bake another 10 minutes.
6. While sheet pan is in the oven, whisk all dressing ingredients until well combined. Adjust amount of lime juice / maple syrup to suit your preference.
7. Serve tofu and veggies over brown rice or quinoa with a good drizzle of the miso maple dressing.