

Baked Tofu & Roasted Vegetables



PREP TIME

50 mins

COOK TIME

30 mins

TOTAL TIME

1 hr 20 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

7 servings

CALORIES

545 kcal

EQUIPMENT

- 1 cutting board and knife for chopping vegetables
- 1 small bowl
- 1 whisk
- 1 large Pyrex or sheet pan
- parchment paper or silicone mat

INGREDIENTS

for the baked tofu

- 4 blocks extra firm tofu 14 oz each
- 3 Tbsp soy sauce (or tamari)
- 3 Tbsp maple syrup
- 1½ Tbsp olive oil
- 3 tsp garlic powder
- 3 tsp onion powder
- 3 tsp dried thyme
- 3 tsp dried oregano
- salt and pepper to taste

for the roasted vegetables

- 2 large heads of broccoli cut into florets
- 2 large heads of cauliflower cut into florets
- 6 medium potatoes cut into cubes
- 6 large carrots peeled and cut into thick slices
- 2 Tbsp olive oil
- 1½ tsp garlic powder
- 1½ tsp smoked paprika

- salt and pepper to taste

INSTRUCTIONS

1. Preheat your oven to 400°F.
2. Prepare the tofu by pressing out excess moisture. Place the tofu blocks on a plate lined with paper towels or a clean kitchen towel. Cover with more paper towels or another kitchen towel. Then place a heavy object (such as a plate or a few heavy books) on top to press the tofu. Let it press for about 30 minutes.
3. In the meantime, prepare the marinade for the tofu. In a small bowl, whisk together the soy sauce or tamari, maple syrup, olive oil, garlic powder, onion powder, dried thyme, dried oregano, salt, and pepper.
4. Once the tofu has been pressed, cut it into cubes or desired shapes. Place the tofu cubes in a large bowl and pour the marinade over them. Gently toss to coat the tofu evenly. Let it marinate for about 15-20 minutes.
5. While the tofu is marinating, prepare the roasted vegetables. In a large baking dish or sheet pan, combine the broccoli florets, cauliflower florets, potatoes, and carrot slices. Drizzle with olive oil and sprinkle with garlic powder, smoked paprika, salt, and pepper. Toss well to coat the vegetables.
6. Place the marinated tofu cubes on a separate baking dish or sheet pan lined with parchment paper or a silicone mat. Spread them out in a single layer.
7. Place both the tofu and the vegetables in the preheated oven. Bake for about 25-30 minutes, or until the tofu is crispy and golden brown, and the vegetables are tender and slightly caramelized. Be sure to stir the vegetables once or twice during the baking process for even cooking.
8. Once done, remove the tofu and vegetables from the oven. Let them cool slightly before serving.
9. Serve the baked tofu alongside the roasted broccoli, cauliflower, and carrots. It can be enjoyed as a main course or served with rice, quinoa, or a side salad.

NUTRITION

Nutrition Facts

Baked Tofu & Roasted Vegetables

Amount Per Serving	
Calories 545	Calories from Fat 162
% Daily Value*	
Fat 18g	28%
Carbohydrates 63g	21%
Protein 37g	74%

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD
gluten free

Tried this recipe?
Let us know how it was!