

Maple-Mustard Roasted Seitan & Sweet Potatoes



PREP TIME

10 mins

COOK TIME

30 mins



COURSE

Dinner, Lunch



SERVINGS

4

CALORIES

457 kcal

INGREDIENTS

- 2 Tbsp whole grain mustard
- 2 Tbsps maple syrup
- 2 Tbsp olive oil
- 1/2 tsp salt divided
- 1/2 tsp pepper divided
- 2 8 oz packages seitan (like West Soy brand) or a pound of homemade seitan
- 4 medium sweet potato diced into 1 inch pieces
- 2 cups broccoli or brussel sprouts cut into bite-sized pieces

INSTRUCTIONS

1. Position the rack into the lower third of the oven and preheat the oven to 450°F/230°C.
2. Combine the mustard, maple, half the Tbsp oil, and half of each salt and pepper in a small bowl; spread the mixture evenly on the seitan.
3. Toss sweet potatoes and veggies in a bowl with the remaining oil and salt and pepper. Spread the sweet potatoes and veggies in a rimmed baking sheet. Place the seitan on top.

4. Roast for 30-35 minutes. Be sure to stir at least once about halfway through to ensure even cooking.
5. Remove the pan from the oven and serve.

NUTRITION

Nutrition Facts

Maple-Mustard Roasted Seitan & Sweet Potatoes

Amount Per Serving

Calories 457	Calories from Fat 95
% Daily Value*	
Fat 10.5g	16%
Carbohydrates 59.6g	20%
Protein 33.2g	66%

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



Tried this recipe?

Let us know how it was!