

Sheet Pan BBQ Tofu and Vegetables

INGREDIENTS

- 1 15 oz package extra firm tofu
- 1/4 teaspoon chili powder
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup BBQ sauce
- 1 onion, cut into chunks
- 1 medium zucchini, cut into coins
- 1 bell pepper, cut into chunks

INSTRUCTIONS

1. Press tofu for at least 30 minutes.
2. Preheat oven to 450°F. Line a large baking sheet with parchment paper or tin foil and set aside.
3. Slice tofu into 1/2-inch bite size pieces. Place in a medium-sized bowl.
4. Gently toss tofu in spices and BBQ sauce. Set aside and let marinate for 10 minutes.
5. While tofu marinades, prepare veggies and add to bowl with tofu. Stir.
6. Distribute tofu and vegetables on prepared baking sheet. Bake at 450°F for 30-35 minutes, flipping halfway through. Tofu will be crispy when done.
7. Enjoy!

Nutrition Facts

Servings: 4

Amount per serving

Calories **150**

% Daily Value*

Total Fat 4.7g **6%**

Saturated Fat 0.9g **5%**

Cholesterol 0mg **0%**

Sodium 369mg **16%**

Total Carbohydrate 19.6g **7%**

Dietary Fiber 2.7g **10%**

Total Sugars 12.3g

Protein 9.9g