

Recipe

Roasted Vegetables and Tofu with Savory Sauce



Prep time: 20 mins

Cook time: 30 mins

Serves: 2

Ingredients:

- 1 package extra-firm tofu
 - 8 oz. broccoli florets*
(cut larger ones in half)
 - 1 large sweet potato,*
washed thoroughly & cut
into 1/2-inch cubes
 - 2 Tbsp extra-virgin olive oil
 - 3 Tbsp tamari
 - 3 Tbsp brown sugar
 - 1 Tbsp fish sauce
 - 1 Tbsp rice vinegar
 - 2 Tbsp sesame oil
 - 1 Tbsp chile-garlic sauce
- Optional: 2 cups brown
rice (cooked without salt),
for serving

Steps:

1. Remove the tofu from the package & set aside on 2 layers of paper towel. Allow to sit for ~20 minutes while you prep the vegetables.
2. Cut the tofu into 1-inch cubes.
3. Preheat the oven to 450°F & line 2 baking sheets with parchment paper.
4. Place the broccoli & tofu on one baking sheet & the sweet potatoes on the other. Toss with olive oil, a little salt & pepper. Spread vegetables & tofu in a single layer on the baking sheets.
5. Roast, tossing occasionally, for about 30 minutes.
6. To make the sauce, add tamari & remaining ingredients to a small saucepan & heat gently until the sugar dissolves (1-2 minutes). Cover & set aside.
7. Pass the sauce at the table and drizzle over vegetables/tofu & brown rice, to taste. Leftover sauce keeps well in the refrigerator.

**You can use other vegetables if you prefer; cut in similar-sized pieces to ensure similar roasting time.*

Sauce recipe adapted from *America's Test Kitchen/The How Can It Be Gluten Free Cookbook*