

# SHEET PAN ZUCCHINI AND RED PEPPER "STIR- FRY"

## PREP TIME

15 minutes

## COOK TIME

30 minutes

## SERVINGS

4

## INGREDIENTS

1 tablespoon grated fresh ginger  
2 tablespoon plus 2 teaspoon low  
sodium soy sauce  
1 1/2 tablespoon rice vinegar  
1 1/2 tablespoon toasted sesame  
oil  
2 zucchinis (cut into 1/2 inch thick  
rounds)  
1 (14 ounces) package extra firm  
tofu  
2 red bell peppers (cut into 1-inch  
strips)

## INSTRUCTIONS

1. Preheat oven to 450°F. Line a large rimmed baking sheet with unbleached parchment paper.
2. Pat or squeeze the tofu of excess liquid, if necessary. Cut the tofu into (3/4-inch) cubes.
3. In a large bowl, whisk together the ginger, soy sauce, vinegar, and oil. Add the zucchini and bell pepper pieces to the sauce mixture; toss by hand to coat. Arrange the zucchini and peppers in a single layer on the baking sheet (fill 2/3 of the sheet), letting excess sauce drip back into the bowl.
4. Add the tofu to the bowl with the remaining sauce mixture; toss to coat. Arrange the tofu in a single layer on the baking sheet (fill the rest of the sheet). Drizzle tofu with any remaining sauce.
5. Roast until the tofu and vegetables are browned, about 30 minutes; no stirring needed. Serve.

Source: [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)



Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Sodium 350mg	15%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

