



RECIPE | TOMATOES

ROASTED TOFU AND VEGGIE BAKE



20 min
PREP.



4



easy

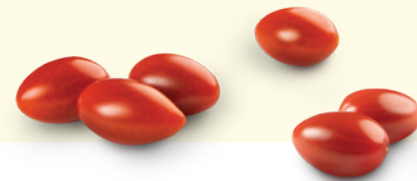
1hr 10 min
COOKING

INGREDIENTS

- 1 dry pint Pure Flavor® Cloud 9® Bite-Sized Fruity Tomatoes
- 2 sweet potatoes, peeled and cut into 1-inch pieces
- 1 bunch broccoli, chopped
- 1 pack firm tofu, cubed
- 1 can chickpeas, drained & rinsed
- ½ small red onion, diced
- ½ cup cilantro, chopped
- 2 tbsp olive oil
- 2 tbsp pumpkin seeds
- 1½ tsp garlic powder
- 1½ tsp paprika

- 1½ tsp ground cumin
- Salt and pepper to taste

- For the dressing:**
- ⅓ cup natural peanut butter
 - ½ cup water
 - 2 tbsp ginger, grated
 - 1 tbsp lime juice
 - ½ tsp tamari soy sauce
 - Salt and pepper to taste



DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking sheet pan with parchment paper.
- 2 In a large bowl, toss the sweet potatoes, 1 tbsp of the olive oil, 1 tsp of garlic powder, 1 tsp of paprika, 1 tsp of ground cumin, salt, and pepper. Mix until sweet potatoes are evenly coated. Spread them on the pan and cook them in the oven for 30 minutes.
- 3 In a medium bowl, whisk together all the dressing ingredients until smooth. Set aside.
- 4 In a medium bowl, add the chickpeas, tomatoes, tofu, and broccoli, ½ tsp of olive oil, ½ tsp garlic powder, ½ tsp paprika, ½ tsp cumin, salt, and pepper. Mix and set aside.
- 5 Remove the pan from the oven, flip over and push the sweet potatoes to outer edges. Transfer the chickpeas, tofu, tomatoes, and broccoli to middle of pan. Roast for another 20 minutes.
- 6 Remove pan and drizzle with the peanut dressing. Top with red onion, pumpkin seeds, and cilantro.

PURE-FLAVOR.COM

