



## **BAKED CRISPY TOFU & PEANUT SAUCE STIR FRY**

An easy, healthy dinner recipe that is gluten free, dairy free & vegan friendly!

**SERVES:** 6

**PREP TIME:** 30 minutes

**COOKING TIME:** 40 minutes

### **INGREDIENTS**

#### **For the marinade:**

- ½ cup reduced-sodium soy sauce
- 1 TBSP sesame oil
- 1 TBSP rice wine vinegar
- 1 TBSP honey or maple syrup
- 3 cloves garlic, minced or ½ tsp garlic powder
- ½ tsp onion powder
- 1½ inch knob of fresh ginger grated fine or ½ tsp ginger powder
- pinch cayenne pepper if desired
- 1 TBSP cornstarch

**For the vegetables:**

- 1 14 oz package extra firm tofu first drained, then cut into ½" cubes
- 1 sweet onion quartered
- 1 green pepper cut in 1" strips
- 1 red pepper cut in 1" strips
- 1 cup sugar snap peas
- 3 cups broccoli chopped into small pieces
- 2 to 3 carrots sliced
- 2 to 3 cups of mushrooms halved
- 1 zucchini sliced
- 2 to 3 TBSP olive oil

**For the peanut sauce:**

- ½ cup creamy peanut butter
- 3 TBSP soy sauce
- 3 TBSP hoisin sauce
- ½ cup full fat coconut milk
- 2 TBSP rice vinegar
- 1 TBSP sesame oil
- 2 TBSP honey use pure maple syrup for a vegan option
- 2 tsp fresh ginger grated fine, or ½ tsp powdered ginger
- 1 tsp powdered garlic

## **INSTRUCTIONS**

Preheat oven to 425 degrees F. Grease a large baking sheet. Set aside.

### Make peanut sauce:

In a small bowl whisk together sauce ingredients until smooth. If your peanut butter is more solid, microwave for 30 seconds to melt it. Set aside.

### Tofu and Veggies:

1. Put the tofu in a large bowl. Pour marinade over and stir until all the pieces are coated. Let stand at least a minimum of a half hour to marinate.
2. Spread tofu evenly on greased pan and bake in the preheated oven for 20 minutes.
3. While tofu is baking, put the veggies in a large bowl and toss with olive oil, salt and pepper to taste.
4. After tofu has baked for a total of 20 minutes, add veggies to the pan with tofu, or a separate pan, and place both back in the oven for 10 minutes more.
5. After 10 minutes, stir and add ¼ cup of the peanut sauce to the pan. Stir until the veggies/tofu are evenly coated.
6. Return back to oven. Bake for 10 more minutes.
7. Remove from oven and serve warm with remaining peanut sauce.

## **SUGGESTION**

Serve with rice or noodles.