

Vegan Sesame Grill

Ingredients:

3 sweet potatoes, peeled, cut into walnut-sized chunks
 4 garlic cloves, thinly sliced
 ¼ tsp. salt
 ½ tsp. ground black pepper
 15 oz. Brussels sprouts, halved
 1 tbsp. canola oil
 2 tsp. toasted sesame oil
 8 oz. firm tofu, diced in small pieces, steamed
 3 tbsp. sesame seed, toasted



Nutrition Facts

Serving Size 1 cup (227g)
 Servings Per Container 3

Amount Per Serving

Calories 170 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 8%

Total Carbohydrate 28g 9%

Dietary Fiber 7g 28%

Sugars 8g

Protein 7g

Vitamin A 100% • Vitamin C 150%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000		2,500	
Total Fat	Less than	65g	80g		
Saturated Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydrate		300g	375g		
Dietary Fiber		25g	30g		

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE

Directions:

1. Preheat a covered grill. In a large bowl, combine the sweet potatoes, Brussels sprouts, garlic, canola oil and salt.
2. Place the vegetables in a grill basket or portable grill rack.
3. Set on the grill and cover. Grill, turning occasionally, for 20-25 minutes, or until tender.
4. Mix tofu into vegetables and transfer the vegetables to a platter and drizzle the sesame oil on top, season with black pepper, toasted sesame seeds and toss.