

# Mediterranean Sheet Pan Dinner

## Ingredients:

14 ounces extra firm tofu, drained  
1 yellow or red bell pepper, sliced into 1 inch pieces  
2 cups brown button mushrooms, sliced  
1 lb. fingerling potatoes, halved or quartered  
1 red onion, thinly sliced  
1/4 cup fresh chopped mint  
1/3 cup pitted kalamata olives, halved  
1 can low sodium chickpeas

## Marinade:

1/4 cup extra virgin olive oil  
Juice & zest from 1 lemon  
1 teaspoon honey  
1 teaspoon garlic powder  
1 teaspoon ground coriander  
1/2 teaspoon ground cumin  
2 teaspoons dried oregano

## Yogurt Tahini Sauce:

1/2 cup nonfat plain Greek yogurt  
2 tablespoons tahini  
Juice from 1 lemon  
1 tbsp water  
Dash of salt  
1/4 tsp garlic powder  
1 tablespoon fresh parsley, finely chopped



## Servings: 6

### Instructions:

1. Preheat oven to 375 degrees.
2. Whisk together all marinade ingredients. Cut tofu into cubes and add to a large mixing bowl with the veggies and chickpeas. Pour marinade over the top and mix thoroughly. Pour onto a large sheet pan.
3. Roast in oven for 25-30 minutes, stirring halfway.
4. Meanwhile, whisk together all tahini sauce ingredients.
5. Allow sheet pan to cool and then serve, drizzled with tahini sauce.

## Nutrition Facts

6 servings per container

Serving size 1/6 Recipe (341g)

Amount Per Serving

**Calories 360**

% Daily Value\*

<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	<b>30%</b>
Vitamin D 0mcg	0%
Calcium 129mg	10%
Iron 3mg	15%
Potassium 389mg	8%

\*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.