

One Pan Tempeh & Veggies

2 SERVINGS 50 MINUTES



INGREDIENTS

1/4 cup Balsamic Vinegar
2 tbsps Dijon Mustard
2 tbsps Vegetable Broth
2 Garlic (clove, minced)
1 tsp Oregano
3/4 tsp Sea Salt
9 ozs Tempeh (cut into thin strips)
2 cups Broccoli (cut into florets)
1/2 cup Frozen Edamame (thawed)
1/4 head Cauliflower (cut into florets)
1/2 Red Bell Pepper (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	398	Carbs	32g
Fat	16g	Protein	35g

DIRECTIONS

- 01 Combine the balsamic vinegar, Dijon mustard, vegetable broth, garlic, oregano, and sea salt in a zipper-lock bag. Add the tempeh and marinate for at least 20 minutes.
- 02 Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
- 03 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 04 Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
- 05 Pour about half of the marinade on the vegetables and toss to coat. Transfer them to the other side of the baking sheet. Bake for about 24 to 26 minutes, turning the tempeh and stirring the vegetables halfway through. Divide between plates and enjoy!