

# Sheet Pan Tofu and Vegetable Fajitas

Serving Size: 2 fajitas

Makes: 5 serving

## Ingredients

1 TBSP Garlic, minced  
3 TBSP Lime Juice  
½ tsp Canola Oil  
1 tsp Black Pepper, ground  
1 tsp Ground Cumin  
1-3/4 tsp Chili Powder  
3 TBSP Orange Juice  
½ tsp Salt  
1 lb Extra Firm Tofu  
1 cup Red Onion, thinly sliced  
2½ cups Mushrooms, thinly sliced  
2½ cups Red Bell Pepper, thinly sliced  
as needed Oil Spray  
10 each 6-inch Tortillas, whole wheat  
5 each Lime Wedges

## NUTRITION FACTS PER SERVING

calories	370
total fat (g)	15
saturated fat (g)	4
trans fat (g)	0
sodium (mg)	540
total carbohydrate (g)	42
dietary fiber (g)	11
sugar (g)	7
protein (g)	33

 **RD APPROVED**

## Preparation

1. In a bowl, whisk together garlic, lime juice, oil, black pepper, cumin, chili powder, orange juice, and salt.
2. Press tofu between paper towels to squeeze out some of water.
3. Cut tofu blocks in half lengthwise, then into 1/4-inch-thick slices.
4. In a bowl, combine red onion, mushrooms, zucchini, bell peppers, and tofu. Pour marinade over mixture and gently toss to combine. Allow to marinate for 1 hour or overnight.
5. Spray sheet trays with pan spray. Lay vegetables and tofu in a single layer (do not overcrowd pan). Pour excess marinade over vegetables and tofu. Roast in a 400°F oven until browned and vegetables are tender.
6. Warm or char tortillas on an open flame. Top each tortilla with 1/2 cup of tofu vegetable mixture.
7. Serve with a lime wedge.



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