

The Healthy Cook

*Want a delicious plant-based meal on the table in 30 minutes?
Here are two one-dish dinners that you're going to love.*

Savory Tofu & Broccoli



- 1 14 oz. package extra-firm tofu
- 2 Tbs. mayonnaise
- 1 Tbs. reduced-sodium soy sauce
- 1 tsp. dijon mustard
- ½ tsp. toasted sesame oil
- ½ tsp. honey
- 4 cups chopped broccoli
- 1 Tbs. + 1 Tbs. peanut oil
- 1 bunch scallions, chopped



1. Cut the tofu into ½-inch-thick triangles. Blot with a paper towel.
2. Make the sauce: In a medium bowl, whisk together the mayonnaise, soy sauce, mustard, sesame oil, and honey.
3. Stir-fry the broccoli in 1 Tbs. of the peanut oil until tender-crisp, 2-5 minutes. Stir in the scallions and stir-fry for 1 minute more. Divide into two bowls.
4. Add the remaining 1 Tbs. of oil to the pan. Sauté the tofu until browned on both sides, 2-5 minutes. Add the tofu to the bowls. Drizzle with the sauce.

PER SERVING (3 cups): calories 510 | total fat 36 g | sat fat 5 g | carbs 23 g | fiber 9 g | total sugars 7 g | added sugars 1 g
protein 27 g | sodium 510 mg

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Spiced Chickpeas & Butternut

 SERVES 2

- 2 cups chopped butternut squash
- 1 onion, chopped
- 1 Tbs. + 1 Tbs. olive oil
- 1 15 oz. can no-salt-added chickpeas, drained
- 2 tsp. curry powder
- ¼ tsp. + ¼ tsp. kosher salt
- 2 Tbs. tahini
- 2 Tbs. fresh lemon juice
- 1 small clove garlic, minced
- a few cilantro leaves



1. Preheat the oven to 450°F. On a large sheet pan, toss the squash and onion with 1 Tbs. of the oil. Roast until the squash is tender, 20-25 minutes.
2. On a sheet pan, toss the chickpeas with the remaining 1 Tbs. of oil, the curry powder, and ¼ tsp. of the salt. Roast for 15 minutes.
3. Make the sauce: In a medium bowl, whisk together the tahini, lemon juice, garlic, remaining ¼ tsp. of salt, and 1 tsp. of water.
4. Divide the vegetables and chickpeas into two bowls. Drizzle with the sauce and top with cilantro.

PER SERVING (2 cups): calories 520 | total fat 24 g | sat fat 3 g | carbs 62 g | fiber 14 g | total sugars 8 g | added sugars 0 g
protein 17 g | sodium 540 mg