



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Single-Pan Baked Veggies and Tofu*

Makes 1 serving

### **Ingredients:**

- 1 cup butternut squash (peeled and cubed)
- 1 cup asparagus (cut in 1-inch bites)
- ½ red onion (thinly sliced)
- 1/3 block extra firm or firm tofu (cubed)
- 4-6 ounces mushrooms (sliced)
- 2 TBSP olive oil
- 1/8 tsp salt and pepper



### **Directions:**

1. Preheat oven to 400°F and line a baking sheet with aluminum foil or parchment paper.
2. In a medium bowl, toss all ingredients together.
3. Pour mixture evenly across baking sheet and bake for 20-25 minutes. .

### **Nutrition Tips:**

1. Whole-soy foods, such as tofu, are an excellent source of plant-based protein.
2. Research shows that consuming 1- 2 servings/day of whole soy foods, such as tofu or edamame, may actually help to lower one's risk of breast cancer.
3. Tofu specifically has a rather bland flavor and spongy texture, so baking it alongside flavorful vegetables helps to improve both the flavor and texture!

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.