
Veggie Kebobs

Description

No grill needed to satisfy that BBQ feel. Skewered veggies in the oven with a flavorful marinade make it easy to prepare ahead and bring to a potluck. If planning to grill just be careful with bamboo sticks on as they can easily burn... Enjoy!

Total time: 40 min Yield: 6 servings

Ingredients

- 1 container seasoned baked tofu (cut into 1" cubes)
- 2 bell peppers (cut into 1.5" pieces)
- 1 onion (cut into thick slices)
- 1 box mushrooms (whole)
- 2 zucchinis (cut into 1" large slices)
- 2 Tbsp olive oil
- 1 Tbsp shoyu
- 1 Tbsp balsamic vinegar
- 1 Tbsp maple syrup
- 1 Tbsp mustard
- 1 garlic (pressed)
- 1/2 tsp salt
- 1/4 tsp pepper

Prep Time: 15 min Cooking Time: 25 min Total Time: 40 min

Instructions

Skewer the tofu, bell pepper, onion, mushroom and zucchini.

In a medium bowl, whisk together the olive oil, shoyu, balsamic vinegar, maple syrup, mustard, garlic, salt and pepper. Baste several times before baking or grilling so the vegetables absorb the flavors. Place on a baking sheet and cook at 400°F in the oven or on a grill for 20 to 30 minutes (based on the thickness of the veggies and the cooking element used). Enjoy with your friends and family.

Recipe brought to you by:

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