

TOFU AND VEGGIE SKEWERS

Tangy mustard-lemon tofu and charred summer vegetables make these skewers a perfect plant-based BBQ centerpiece. They work well on the grill or in the oven and pair with almost any summer side.

INGREDIENTS

makes 6 skewers

MARINADE:

1/3 cup olive oil
1 Tbsp lemon juice
1 Tbsp maple syrup
1 Tbsp apple cider vinegar
2 Tbsp dijon mustard
1 garlic clove
1 tsp dried oregano
salt & pepper to taste

SKEWERS:

1 block extra firm tofu (~10 oz, I use Hodo)
Mix and match your favorite veggies, just pick 3 to 4 types:
- 1 bell pepper
- 1 zucchini
- 1 red onion
- 8oz mushrooms
- 1 ear of corn, blanched and sliced

DIRECTIONS

Blend all the ingredients for the marinade together. It will emulsify and look a bit like mayo. Set aside.

Cut the tofu into cubes (~1 inch). Add the tofu cubes to a ziplock bag and toss with the marinade. Place in the fridge and marinate for a couple of hours, or overnight (best).

Preheat the oven to 400F.

Spread the marinated tofu cubes on a baking sheet lined with parchment paper. (Keep the remaining marinade for later). Bake for 15 minutes.

Cut the veggies in big, bold pieces. Slide the tofu, alternating with the veggies onto each skewer. Brush the skewers with the reserved marinade all over. Place the skewers back on the baking sheet and cook about 25 minutes until the veggies are cooked.

Serve with rice (or your favorite grain) and tomates à la provençales for a French touch.

Bon appétit!