

Tofu Kabobs with Summer Vegetables

Ingredients

- 1 lb. package firm or extra firm tofu
- 12 whole white mushrooms
- 1 large red bell pepper
- 1 zucchini
- 1 yellow squash
- ½ cup olive oil
- 1 tsp onion powder
- 2 tbl kosher salt
- 2 tbl ground pepper
- ¼ cup balsamic vinegar
- 1 pint cherry tomatoes
- 12 long skewers



Directions

Cut tofu crosswise into two pieces about 2 inch thick. Place on cutting board lined with paper towels. Chop red bell peppers into two inch squares. Chop into 1 inch rounds. Chop Squash into 1 inch rounds. Preheat gas grill to 350 or preheat large cast iron skillet. Place the tofu and all vegetables except tomatoes in a non-reactive bowl. Toss them with olive oil and season with salt and pepper. Add the vinegar and toss to coat well. Thread the tofu and vegetables onto the soaked skewers end with skewer with a cherry tomato at the pointed end. Place the skewers in the cast iron skillet over medium heat. Cover and grill 4-5 minutes per side. Serve with a drizzle of olive oil and a sprinkle of salt and pepper.