

RECIPE OF THE WEEK

Grilled Tofu Kebabs

Ingredients

- Walden Farms All Zero BBQ sauce
- Extra or super firm tofu (super firm is the best)
- Chicken Tikka Masala/Tandoori Masala
- Lemon juice – 1tsp + 1 tsp
- Lite soy sauce – 1tsp
- Zucchini (green/yellow)

- Bell pepper (green/yellow)
- Radish
- Mushroom
- Ideal salt
- Black pepper
- Parsley flakes
- Oregano
- Garlic powder
- Olive oil – 1 tsp



Preparation

1. Open Tofu package and drain it well (you will need 220g of super firm tofu for 2 servings)
2. Take a mixing bowl and add 1 tsp. tikka/tandoori masala, 1 tbsp. Walden Farms BBQ Sauce, 1 tsp. lemon juice, 1 tsp. soy sauce and mix them together
3. Cut Tofu in 1.5 inches square pieces
4. Add Tofu to the spices mix and stir until the spices coat all Tofu pieces well
5. Seal the marinade in a large ziplock bag and refrigerate for at least 1 hour or more
6. Cut zucchini, bell peppers, radishes, and mushroom into about 1.5-inch pieces
7. Season vegetables with salt, black pepper, parsley flakes, oregano, garlic powder, 1 tsp of lemon juice and 1 tsp of olive oil
8. Take out marinated Tofu and thread the Tofu & vegetables onto skewers by leaving small spaces between each item. Discard excess marinade.
9. Pre-heat oven to 400°F
10. Place skewers on a baking sheet and bake in the center rack for 12 min. Flip once after 8 min.
11. After 12 minutes, you can optionally spray very little oil on top and then turn the oven to Broil Mode at 500°F for 3min in the top rack
12. Serve Grilled Tofu Kebabs on the plate and divide portions based on protein. Enjoy!

