

BBQ Tofu Kebobs

1 carton extra firm tofu
1 cup BBQ sauce
1 small red bell pepper, chopped in 1" cubes
1 small yellow onion, chopped in 1" cubes
12 whole baby Bella mushrooms
8 wooden skewers, soaked in water

Drain tofu with a paper towel and cut into 1-inch cubes. Place tofu in small bowl with BBQ sauce, coating each piece and refrigerate for 2 hours.

Heat grill. Remove tofu from bowl. Cut red pepper and onion in 2-in cubes and place on skewer in the following order: red pepper, tofu, onion, tofu, mushroom, etc. Grill on all sides while continuing to coat with barbeque sauce as it cooks. Allow vegetables to carmelize and tofu to brown, being careful not to burn. Serve immediately.

Serves 6. One Serving=2 kebobs

Calories 150 Fat 3.5g Carbohydrate 22g Dietary Fiber 1g Protein 9g Sodium 500mg