

Veggie Kabobs with Herb and Garlic Marinade



Ingredients

12 baby red potatoes	1/2 cup lemon or lime juice
14 oz firm tofu, cut into 12 chunks	1/4 cup water
2 red, yellow or green bell pepper chunks	1/4 cup Dijon mustard
1 red onion, cut into wedges	2 Tbsp maple syrup
1 cup button mushrooms	2 Tbsp minced garlic
1 cup cherry tomatoes	2 Tbsp chopped fresh basil leaves
1 zucchini or yellow squash, cut into chunks	1/2 tsp salt
1/2 cup olive oil	1/2 tsp freshly ground black pepper

Instructions

Cook potatoes in water until fork tender; let cool. Place potatoes, tofu, peppers, onion, mushrooms, zucchini and cherry tomatoes in a shallow dish or container. Pour marinade over mixture. Cover and refrigerate for 2 hours. Preheat an outdoor grill to medium heat. Remove ingredients from the marinade, reserving marinade. Thread ingredients onto skewers, alternating colors. Cook skewers on grill about 10 minutes, basting with reserved marinade and turning occasionally.

Instructions for marinade: Whisk together olive oil, lemon juice, water, Dijon mustard, syrup, garlic, basil, salt and pepper in a small bowl. The marinade can be prepared in advance and held covered in the refrigerator for up to 7 days.

Nutrition Information

Per Serving

Serving Size:

Serves 6

Calories:

Fat:

Sodium:

Fiber

Carbohydrates:

Protein: