



Veggie Kabobs with Herb and Garlic Marinade

Serves: 6

amount	unit	Ingredients:
12	each	baby red potatoes
14	oz	firm tofu, cut into 12 chunks
2	each	red, yellow or green bell pepper chunks
1	each	red onion, cut into wedges
1	cup	white button mushrooms
1	each	zucchini or yellow squash, cut into chunks
1	cup	cherry tomatoes
0.5	cup	olive oil
0.5	cup	lemon or lime juice
0.25	cup	water
0.25	cup	Dijon mustard
2	Tbsp	maple syrup
2	Tbsp	minced garlic
2	Tbsp	chopped fresh basil leaves
0.5	tsp	salt
0.5	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.