

Tofu Shish Kabobs

Ingredients

- 1 block extra firm tofu
- 1 purple onion
- 1 each red, orange, green bell peppers
- 1 mushrooms, small

Directions

Soak 5 skewers in a bowl of water. Cut 17 1" squares of tofu. Cut bell peppers in 1" squares. Cut purple onion in 1" squares. Use whole mushrooms.

Marinate veggies and tofu in soy sauce marinade.

Alternate veggies and tofu on water soaked skewers.

Salad greens or cooked rice can be used for plating.

Turn oven to broil; Cook on each side for about 4-5 minutes each.

Toss salad in sesame dressing. Plate salad or rice and top with warm skewers.

Yummy!!