

Spicy Tofu Peanut Kebobs

Warmer weather means more outdoor entertaining. If your guests are vegetarian, these spicy tofu and vegetable kebobs are a crowd-pleaser for veggie-lovers and meat-eaters alike. The peanut sauce also works well as a marinade for shrimp, chicken or pork. More great recipes can be found at www.peanutbureau.ca

Makes 4 servings

Prep Time: 15 minutes

Marinating Time: 20 minutes

Grilling Time: 5 minutes

What you need:

1 block extra firm tofu (12 oz/350 g)

¼ cup (60 mL) peanut butter

1 Tbsp (15 mL) light miso

½-inch (1cm) piece of ginger, peeled and finely grated

1 lime

2 tsp (10 mL) soy sauce

2 tsp (10 mL) hot Asian chili garlic sauce

3 Tbsp (45 mL) water

1/3 small red onion

1 yellow pepper

4 skewers (metal or pre-soaked wooden)

2 Tbsp (30 mL) each coarsely chopped peanuts and mint lime wedges (optional)



How you prepare:

1. Generously grease grill and preheat barbecue to medium-high. Place tofu on several layers of paper towel then cover with additional paper towel. Place a plate on top of paper towel, then a heavy object such as a jar of peanut butter, to press out any water from tofu. Let stand 20 minutes.

2. Meanwhile, in a medium bowl, stir peanut butter with miso, ginger, 2 tbsp (30 mL) lime juice from the lime, soy sauce and chili garlic sauce until combined. Whisk in water.

3. Cut tofu into chunks, 1 to 1½ inches (2.5 to 4 cm) in size; they will be rectangular in shape. Add to peanut butter mixture and stir. Cut yellow pepper and onion into pieces about the same size as tofu.

4. Once the grill is nearly preheated, thread tofu, pepper and red onion onto skewers. Barbecue, turning and brushing with any remaining marinade, for a total of 5 to 6 minutes. Serve with lime wedges on a platter sprinkled with peanuts and mint.





Tip: On colder days, turn on the broiler and cook for 6 minutes, turning throughout the cook time.

Per serving:

Calories 240
Carbohydrates 11 g
Protein 14 g
Fat 15 g
Dietary Fiber 3 g
Sugars 3 g
Sodium 440 mg

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