



Tofu and Veggie Kebabs:

Yield: 4 - 5 servings
 Preparation Time: About 30 minutes
 Cooking Time: About 10 minutes

Great for summer barbeques!

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> • ¼ cup (50mL) olive oil • 3 Tbsp (45mL) fresh lemon juice (about 1 small lemon) • ½ tsp (2mL) dried oregano or 1 Tbsp (15mL) chopped fresh oregano • ½ tsp (2mL) dried rosemary or 1 tsp (5mL) fresh rosemary • ½ tsp (2mL) Za'atar spice * • Pinch salt and a few grinds freshly cracked pepper • 1x 350 g package of <i>firm</i> tofu, drained, patted dry then cut into 3 cm cubes • 1 red or yellow pepper • ½ red or yellow onion • 8 – 10 cherry tomatoes • 1 - 2 Tbsp (15~30mL) olive oil 	<ul style="list-style-type: none"> • 8x 15cm (6") wooden skewers • Small sharp knife • Cutting board • Juicer or reamer • Mixing spoon • Measuring spoons • Large bowl • Tongs • Barbeque or grill pan • Heat resistant basting brush, or sprig of fresh rosemary

Method:

1. Soak the wooden skewers in water for an hour.
2. Put 4 Tbsp. **olive oil** in a small bowl. Add the **lemon juice**. Add dry **oregano** and **rosemary** or tear the fresh herbs into the bowl. Add the **za'atar**, **salt** and **pepper** then mix well.
3. Put the **tofu** on a cutting board and cut it into 3 cm cubes. Add to the **olive oil mixture** and toss together. Let the tofu *marinate* for about 30 minutes.
4. Cut the **pepper** into about 3 cm pieces. Add to a new bowl.
5. Cut the ½ **onion** into 4 equal pieces. Peel the layers of the onion. Add to the bowl.
6. Add the **cherry tomatoes** to the bowl.
7. Drizzle with 1 - 2 Tbsp (15~30mL) **olive oil** and season with **salt** and **pepper**. Toss together.
8. Push a piece of **tofu** on to a wooden skewer. Alternate tofu with **vegetable pieces** until the skewer is full. Leave about 2 cm on each end of the skewer.

9. Grill the kebabs on a barbeque (or in a grill pan over medium-high heat or place on a baking tray and bake in a 190 C / 375 F oven). Baste with leftover marinade using a pastry brush or sprig of fresh rosemary. Use tongs to turn the kebabs every so often so that they cook evenly all over. Cook about 8 – 10 minutes on barbeque and a little longer if cooking in the oven.
10. Serve right away. Using a fork or tongs, remove the wooden skewer from the kebab. Place the tofu and veggies over top of cooked cous-cous, bulgur or rice. You can also eat kebabs right off of the skewer.

Tasty Tip:

- * Za'atar is a Middle Eastern spice mixture commonly used on grilled ingredients or as a bread topping. It can be purchased at many grocery stores or you can make your own. Mix together 2 Tbsp (30mL) sumac, 1 Tbsp (15mL) thyme, 1 Tbsp (15mL) marjoram, 1 Tbsp (15mL) oregano, 2 tsp (10mL) toasted sesame seeds, ½ tsp (5mL) salt. Keep covered for up to 3 months.