



HULI HULI TOFU SKEWERS

(MAKES 2 SERVINGS, 4 SKEWERS EACH)

TOTAL TIME: 1 HR. 38 MIN.
PREP TIME: 26 MIN. + 50 MIN. INACTIVE TIME
COOKING TIME: 22 MIN.



FOR MARINADE:

¾ cup frozen pineapple chunks, thawed
2 Tbsp. reduced-sodium tamari soy sauce
1 Tbsp. sesame oil
1 Tbsp. sriracha sauce
1 clove garlic
1-inch slice fresh ginger
¼ tsp. liquid smoke (optional)

FOR SKEWERS:

1 (14-oz.) package extra-firm tofu, cut into 24 cubes
2 medium zucchini, cut into ¼-inch slices (approx. 24 pieces)
2 medium bell peppers (any color), cut into 1-inch squares (approx. 24 pieces)
½ medium red onion, cut into 1-inch squares (approx. 24 pieces)
8 small button mushrooms, cut in half
8 (10-inch) bamboo skewers
1 to 2 Tbsp. water

- Place several layers of paper towels (or clean kitchen towels) on a cutting board (or baking sheet). Arrange tofu in a single layer on towels; cover with several layers of paper towels (or clean kitchen towels). Place another cutting board (or baking sheet) on top; weigh down with a heavy pot or cans of food. Press tofu for 20 minutes.
- While tofu is being pressed, make marinade; add pineapple, soy sauce, sesame oil, sriracha, garlic, ginger, and liquid smoke (if desired) to blender. Cover; blend for 1 minute, or until very smooth.
- Pour half the pineapple mixture into a small baking dish; arrange tofu in a single layer. Pour remaining pineapple mixture over tofu to coat all sides. Cover and marinate for at least 30 minutes, or up to overnight in the refrigerator.
- To assemble skewers: Place one piece of tofu, zucchini, bell pepper, onion, and mushroom on a skewer; repeat. Add one more piece of tofu, zucchini, pepper, and onion, so each skewer has three pieces of tofu, zucchini, pepper, and onion and two pieces of mushroom. Repeat with remaining skewers.
- Add 1 to 2 Tbsp. water to remaining marinade in dish; whisk to combine. Brush onto skewers.
- Preheat a grill or grill pan over medium-high heat. Cook skewers for 18 to 22 minutes, turning every four minutes, until tofu is browned on all sides and veggies are tender-crisp.

Tips:

- To make these on an outdoor grill, soak your skewers overnight. This will keep them from burning on the grill. Start by grilling skewers over medium-high heat; cook for 3 to 4 minutes on each side. Move to a lower heat area of the grill to cook the vegetables longer, if needed.
- To prevent vegetables from breaking when placing onto skewers, gently twist the skewer into each vegetable to make a small hole first, before pushing onto the skewer.
- To make these in an oven, preheat oven to 375° F. Line a baking sheet with parchment paper and lightly coat with nonstick cooking spray. Arrange skewers in a single layer on baking sheet; bake for 25 to 30 minutes, turning once.
- Liquid smoke is available in most grocery stores and online. Kept tightly sealed it will last up to 2 years.

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Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

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