

# Vegan BBQ Skewers



TOTAL TIME

20 mins



COURSE

Dinner, Lunch



SERVINGS

2 servings

CALORIES

210 kcal

## INGREDIENTS

- 1 block firm tofu cubed
- 1 bell pepper cut into squares
- 1 zucchini sliced
- 1 red onion cut into chunks
- ¼ c BBQ sauce

## INSTRUCTIONS

1. Skewer the tofu, bell pepper, zucchini, and red onion alternately.
2. Brush with BBQ sauce.
3. Grill until veggies are tender and tofu is well-cooked, turning and basting with more sauce frequently.

## NUTRITION

# Nutrition Facts

Vegan BBQ Skewers

Amount Per Serving

Calories 210      Calories from Fat 81

% Daily Value*	
Fat 9g	14%
Carbohydrates 18g	6%
Fiber 4g	17%
Protein 14g	28%

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD  
gluten free

Tried this recipe?  
Let us know how it was!