

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
- $\frac{1}{4}$ 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
<hr/>			
		% 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!