

Grilled Tofu Kebabs with Red Pepper Sauce

Prep Time 15 mins
Total Time 25 mins
Meal Type Lunch, Dinner
Contributed By



Source From [Dietitian Debbie, RD](#)
Servings 4



For the Sauce

Ingredients

lb,c g,ml

- 1 (15 oz.) can diced fire roasted tomatoes, *drained*
- 1 (7.75 oz.) jar roasted red peppers, *drained*
- 1/4 cup coconut milk
- 1 Tbs red curry paste
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Drain the fire roasted tomatoes and roasted red peppers

For the Skewers

Ingredients

lb,c g,ml

- 1 lb tofu, extra firm, *cubed*
- 1 bell pepper, *chopped into large chunks*
- 1 zucchini, *chopped into large chunks*
- 1 pnt mushroom, baby portobello, *chopped into large chunks*
- 1/2 onion, yellow or red, *chopped into large chunks*
- Wooden skewers

Directions

Prep

1. Cube the tofu.
2. Chop the bell pepper, zucchini, mushrooms and onion.

Make

1. Add the sauce ingredients to a blender and puree until smooth. Pour 3/4 cup sauce into an 8"x8" baking dish.
2. Add the cubed tofu to the dish and toss to coat in sauce and place in the refrigerator.
3. Prepare your grill for cooking.
4. Chop the vegetables into large pieces.
5. When your grill is ready, assemble skewers. (Recipe should make 6-7)
6. Cook over medium-high heat, turning occasionally until blackened around edges. Brush periodically with extra sauce from baking dish.
7. To serve, drizzle with extra red pepper sauce.

Notes

**Not all curry paste is vegan/vegetarian so make sure to read the ingredients label.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories per serving	270	Total Fat 11.4g	17%	Total Carbohydrates 26g	8%	
		Saturated Fat 2.8g	14%	Dietary Fiber 7g	27%	
		Trans Fat 0.0g		Total Sugars 6g		
		Cholesterol 0mg	0%	Protein 18g		
		Sodium 629mg	27%			
Vitamin D 0mcg 1% · Calcium 261mg 26% · Iron 4mg 23% · Potassium 623mg 13%						

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