

Recipe

Vegetable Kabobs (with two different dips)

By

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Ingredients

- 1 tbsp olive oil
- ½ lb. firm tofu, well drained, cut into 1" cubes
- ½ red pepper, cut into 1" pieces
- ½ green pepper, cut into 1" pieces
- ½ yellow pepper, cut into 1" pieces
- ½ cup ½ -inch zucchini slices

Tahini sauce:

- 3 tbsp tahini (or peanut butter)
- 1 tsp soy sauce
- ½ tsp Chinese chili sauce
- 1 tbsp water
- ½ tsp honey or brown sugar, optional
- ¼ tsp sesame seeds, optional

Yogurt sauce:

- 3 tbsp yogurt
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp Italian seasoning

Preparation

Soak the bamboo skewers in water for 15 minutes. Meanwhile, cut tofu and vegetables into 1" pieces. Divide the tofu and vegetables evenly among 6 skewers. *You can either brush the vegetables with marinade now or you can use the sauce as a dip later.

Place skewers on a broiler rack. Broil about 5-6" from the heat for about 6 minutes. Turn the kabobs and broil for another 6 minutes, or until the vegetables are tender.

***You may also grill these kabobs rather than broil them. You may also use any vegetables your child likes (i.e. squash, cherry tomatoes, etc.)

Serves

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