

# Barbecue Vegetable Brochettes

*Makes about 8 brochettes*

These colorful brochettes can be roasted in the oven, or tossed on the grill for delicious party fare. Serve them on a bed of brown rice, pasta, or bulgur.



- 1 pound very firm tofu (optional)
- 1 bottle of your favorite barbecue sauce
- 1 small red onion
- 1 green bell pepper, seeded
- 1 red bell pepper, seeded
- 1/2 pound crimini or button mushrooms
- 1 basket cherry tomatoes (optional)
- 1 medium zucchini (optional)

Cut the tofu into 1-inch cubes and marinate it in some of the barbecue sauce for 30 minutes or more. Cut the onion into 1-inch chunks, then separate the layers. Cut the bell peppers into generous bite-sized pieces. Remove the stems from the mushrooms and the tomatoes. Cut the zucchini into 1/2-inch thick rounds. Preheat oven to 450 degrees or light the grill. Thread the vegetables and marinated tofu onto skewers.

For oven-roasted brochettes: line a 9x13-inch baking pan with foil, then place the brochettes across the pan so the ends of the skewers rest on the edges of the pan. Brush liberally with barbecue sauce and bake in preheated oven for 20 minutes, brushing with additional barbecue sauce about halfway through cooking and at the end of the cooking time.

For grilling: brush the brochettes with barbecue sauce and place over medium-hot coals for 10 to 15 minutes, turning occasionally and basting with additional barbecue sauce.

**Nutrition information per serving:** 100 calories, 7 g protein, 13 g carbohydrate; 1.5 g fat, 238 mg sodium, 0 mg cholesterol

Source: New Century Nutrition