

## **Baked Tofu Kabobs**

From the American Institute for Cancer Research Test Kitchen  
<http://www.aicr.org/foods-that-fight-cancer/soy.html#recipes>

### **Ingredients**

- ½ cup coarse brown mustard
- ¼ cup red wine vinegar
- 2 Tbs. canola oil
- 1 tsp. garlic powder
- 2 tsp. coarsely ground coriander seed
- 2 Tbs. reduced-sodium soy sauce (or to taste)
- 2 tsp. paprika
- ¼ tsp. red pepper flakes
- Freshly ground black pepper, to taste
- 1 lb. extra firm tofu, pressed/drained to remove excess liquid, cut into 24 cubes
- 1 red bell pepper, seeded & cut into 12 chunks
- 1 green bell pepper, seeded & cut into 12 chunks
- ½ Vidalia onion, peeled & cut into 8 chunks

### **Instructions**

1. In small bowl, mix mustard, vinegar, oil, garlic powder, coriander seed, soy sauce, paprika, red pepper, and black pepper.
2. Pour mixture into resealable plastic bag. Add tofu and reseal bag. Marinate overnight.
3. Skewer tofu, bell pepper, and onions and place on baking sheet.
4. Preheat oven to 400 degrees and bake for about 20 minutes, turning skewers after 10 minutes. (You may also broil the kabobs, reducing cook time.)

*Makes 4 servings*

### **Nutrition information per serving:**

Calories	220
Carbohydrate	13 g
Dietary Fiber	3 g
Protein	11 g
Total Fat	12 g
Saturated Fat	<1 g
Sodium	460 mg

