

GRILLED TOFU AND MUSHROOM BROCHETTES

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/GrilledTofu.aspx>

Ingredients

- 1 lemon
- 1 garlic clove, crushed
- 3 tablespoons olive oil
- 4 tablespoons white wine vinegar
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon cilantro, chopped
- 1 tablespoon fresh thyme, chopped
- 10 ½ oz. package of firm bean curd (tofu)
- 12 oz. white button mushrooms
- Salt and pepper, to taste (salt not calculated with Nutrition Facts)

Instructions

1. Wash outside of lemon thoroughly with warm water and soap*. Pat dry then grate peel and set aside. Slice lemon in half and squeeze out juice into a medium sized bowl.
2. Add the garlic, oil, vinegar and chopped herbs with the lemon juice and mix well. Add salt and pepper to taste.
3. Clean mushrooms with a damp cloth to remove any excess soil. Slice mushrooms in half and set aside.
4. Using a sharp knife, slice the tofu into medium sized chunks. Thread tofu alternated with sliced mushrooms onto metal or wood skewers. Place brochettes into a shallow pan and pour the lemon-herb marinade over the skewers, coating evenly. Cover with plastic wrap and refrigerate for 1-2 hours.
5. Prepare grill. Remove brochettes and set aside marinade for basting. Cook brochettes over a hot grill, brushing often with the reserved marinade for about 6 minutes or until cooked through.
6. Serve with an extra sprinkling of chopped fresh herbs and lemon wedges.

Makes 4 servings. Serving size: 1/4 of recipe (200 g)

Nutritional information per serving (4 servings)

Calories: 164

Calories from fat: 112

Total fat: 12g

Saturated fat: 2g

Cholesterol: 0 mg

Sodium: 31mg

Total carbohydrate: 8g

Dietary fiber: 2g

Sugars: 1g

Protein: 8g

Vitamin A: 0%

Vitamin C: 15%

Calcium: 4%

Iron: 10%

Percent Daily Values are based on a 2,000 calorie diet.

