

## VeraVia – Lemon Tofu Kabobs

### Ingredients:

8 six inch skewers  
8 oz. organic tofu, firm, cut into 2 inch pieces  
1 cup each peppers, red onions, zucchini, cut into 2 inch pieces  
1 tbsp. olive oil

### Marinade:

2 tbsp. olive oil  
1 tbsp. fresh lemon juice  
1 tsp. chopped fresh oregano  
1 tsp. Dijon mustard  
1 tsp. garlic, minced  
Salt and pepper

### Method:

- Marinate tofu with marinade ingredients overnight, or at least 2 hours in advance
- Skewer tofu and vegetables together or separately. Season vegetables.
- Grill or broil skewers until golden brown. Serve.