

LUNCH



Spicy BBQ Tofu Skewers

INGREDIENTS

- 1 block (14 oz) extra-firm tofu, pressed and cut into 1-inch cubes
- 1/2 cup barbecue sauce (homemade or store-bought)
- 2 tablespoons soy sauce
- 2 tablespoons maple syrup
- 1 tablespoon Sriracha sauce (adjust for preferred spice level)
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne pepper (optional, for extra heat)
- Wooden skewers, soaked in water for 30 minutes

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DIRECTIONS

Instructions:

Prepare the Tofu:

1. Press the tofu to remove excess water. Cut it into 1-inch cubes, ensuring they are uniform for even cooking.

Prepare the Marinade:

1. In a bowl, whisk together barbecue sauce, soy sauce, maple syrup, Sriracha sauce, smoked paprika, garlic powder, onion powder, and cayenne pepper. Adjust the spice level according to your preference.

Marinate the Tofu:

1. Place the tofu cubes in a shallow dish or a resealable plastic bag. Pour half of the marinade over the tofu, ensuring each cube is well coated. Reserve the remaining marinade for basting.

Marinate Time:

1. Allow the tofu to marinate for at least 30 minutes to allow the flavors to infuse. For a more intense flavor, marinate in the refrigerator for up to 4 hours, turning the tofu occasionally.

Skewer the Tofu:

1. Preheat the grill or grill pan over medium-high heat.
2. Thread the marinated tofu cubes onto the soaked wooden skewers, leaving a little space between each cube.

Grill the Skewers:

1. Place the skewers on the preheated grill and cook for 8-10 minutes, turning occasionally and basting with the reserved marinade. The tofu should develop a nice char and be heated through.

Serve:

1. Once the tofu skewers are cooked to your liking, remove them from the grill. Serve immediately, garnished with chopped green onions or cilantro.

Side Suggestions:

1. Pair the Spicy BBQ Tofu Skewers with a refreshing coleslaw, grilled vegetables, or your favorite salad for a complete and satisfying meal.