

Tofu skewers



tofu, cubed
sweet pepper, cubed
zucchini, cubed
mushrooms
onion, cubed

skewers

For the marinade:

garlic, mashed
olive oil
spices (thyme, rosemary, basil etc.)

Prepare a marinade mixing the garlic, oil and spices. Add the tofu and the vegetables. Let it rest in refrigerator for at least 2 hours.

Soak the skewers in water for 15-20 minutes.

Thread the tofu and the vegetables on skewers and grill for a few minutes on each side.