



RECIPE | TOMATOES

TOFU VEGGIE SKEWERS



28 min

10 min
PREP.

18 min
COOKING



3



Easy



INGREDIENTS

Recipe created by *Alicia Galantic*

For the skewers:

1 dry pint Pure Flavor® Azuca Red Cherry Tomatoes
1 pkg tofu, cut into cubes
1 zucchini, sliced into half moons
1 red onion, cut into squares
½ cup green olives, pitted
1 tbsp olive oil
Fresh parsley, chopped for garnish
Tabouli, optional for serving
Skewer sticks

For the tahini sauce:

1 lemon, juiced
½ cup tahini
¼ cup olive oil
3 tbsp vinegar
3 tbsp garlic, minced
Red pepper flakes, optional, to taste
Salt & pepper, to taste



DIRECTIONS

- 1 Add olive oil to skillet over medium heat. Cook tofu for 6 minutes then set aside.
- 2 Create skewers by adding tomato, zucchini, red onion, tofu, and olive. Repeat until skewer is full.
- 3 Combine all ingredients for tahini sauce in small mixing bowl.
- 5 Place the skewers aside on baking sheet and drizzle tahini sauce over each skewer.
- 6 Heat grill and cook the skewers over medium heat for 6 minutes on each side.
- 7 Serve with tabouli if desired, and drizzle with additional tahini sauce and garnish with fresh parsley.

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