

Miso Vegan

New York, NY
July 24, 2011
Online Circulation: 15,192 visitors/month



Grilled Tofu and Herbed Tomato Skewers

House Foods just released their new line of Super Firm Tofu to its growing family of products. Protein-packed and easy-to-use, Super Firm Tofu is especially grill-friendly, and comes in four varieties: Super Firm Plain, Super Firm Cubed, Super Firm Grilled, and Super Firm Garlic and Pepper. Put this herbalicious tofu and tomato skewers recipe on your vegan grilling menu.



Grilled Tofu and Herbed Tomato Skewers

Recipe adapted from House-Foods.com.

Makes 10 skewers

Ingredients:

- 1 package House Foods Super Firm Tofu
- 1 clove garlic
- 1 large shallot
- 1/2 bundle fresh Italian parsley
- 1/2 bundle fresh cilantro
- 2 tablespoons red wine vinegar
- 1/2 tablespoon kosher salt
- 1/2 teaspoon freshly grounded black pepper
- 1/4 teaspoon red pepper flakes
- 1-1/2 tablespoons extra virgin olive oil
- 20 cherry tomatoes

Directions:

1. Soak bamboo/wooden skewers in water for 30 minutes (stainless steel skewers do not need soaking).
2. Preheat grill to medium high.
3. Wrap tofu with paper towels and place on a microwave-safe plate.
4. Microwave tofu for about 1 minute to remove excess moisture.
5. In a food processor, combine garlic and shallot, and give it a quick whirl.
6. Add parsley and cilantro to food processor and give it another whirl.
7. Transfer herb mixture to a medium bowl. Stir in vinegar, salt, black pepper, red pepper, and oil.
8. Cut tofu into cubes the same size as the tomatoes. Place tofu and tomatoes in the herb mixture, tossing to coat.
9. Place 2 tofu cubes and 2 tomatoes alternately on skewers.
10. Grill skewers for 3 to 4 minutes on each side or until grill marks show. Serve hot.