

Rainbow Summer Veggie Skewers

Yield: 4 Servings

Ingredients:

Marinade:

- ¼ cup olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp low-sodium soy sauce
- 1 tsp honey

Vegetables:

- 1 yellow squash, cut into 1-inch rounds
- 1 medium zucchini, cut into 1-inch rounds
- 1 small red onion, cut into wedges
- 1 orange bell pepper, cut into 1-inch pieces
- 2 tomatoes, cut into 1-inch pieces
- 1 block tofu, cut into 1-inch cubes

Directions:

1. Make the marinade: in a small bowl, whisk together the olive oil, balsamic vinegar, soy sauce, and honey.
2. Heat a grill to medium-high. Arrange the vegetables onto skewers and brush generously with the marinade so that all sides of each vegetable are well coated. Grill the skewers for 8 minutes per side or until the vegetables and tofu are nicely charred.

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Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	179.6	
	% Daily Value*	
Total Fat	10.1 g	13 %
Saturated Fat	1.7 g	8 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	57.7 mg	3 %
Total Carbohydrate	12.7 g	5 %
Dietary Fiber	3.5 g	12 %
Total Sugars	8.7 g	
Added Sugars	0.4 g	1 %
Protein	14.3 g	
Vitamin D	0 mcg	0 %
Calcium	358.9 mg	28 %
Iron	3.2 mg	18 %
Potassium	751.1 mg	16 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

