



Serves 4

Preparation Time: 30 minutes

INGREDIENTS:

1 cup balsamic vinegar

1 stalk fresh rhubarb, thinly sliced ($\frac{3}{4}$ cup)

2 tablespoons pure maple syrup

$\frac{1}{2}$ teaspoon sea salt

1 15-oz. can no-salt-added chickpeas, rinsed and drained (1 $\frac{1}{2}$ cups)

1 cup dry quinoa

$\frac{1}{2}$ cup slivered fresh basil

1 14- to 16-oz. package extra-firm tofu

$\frac{1}{8}$ teaspoon freshly ground black pepper

1 medium zucchini, trimmed and cut into 1 $\frac{1}{2}$ -inch chunks

16 large cherry tomatoes

8 10-inch skewers

Grilled Tofu Kabobs with Rhubarb-Balsamic Glaze and Quinoa Pilaf

Rhubarb and balsamic vinegar combine to make a tangy glaze that is perfect for these tofu kabobs or any grilled veggies. Chunks of creamy tofu thread easily onto the skewers (be sure to use extra firm tofu) along with juicy cherry tomatoes and bite-sized pieces of zucchini. Brush the rhubarb-balsamic glaze over the veggies in the last few minutes of cooking and serve over a basil-infused **quinoa** and chickpea pilaf. Drizzle with the remaining glaze, and sprinkle with finely chopped basil for a tantalizing meal that's sure to become a **spring** favorite!

Tip: If using bamboo skewers, soak skewers in enough water to cover at least 30 minutes before using.

For more inspiration, check out these tasty ideas:

- [Greek Salad with Sun-Dried Tomato Tofu Feta](#)
- [Veggie Fajita Kabobs](#)
- [Rhubarb and Red Quinoa Soup](#)
- [Vegan Strawberry-Rhubarb Muffins](#)

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- 1 For glaze, in a small saucepan combine vinegar, rhubarb, and maple syrup. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes. Strain through a fine-mesh sieve into a 1-cup glass measure. Press rhubarb with the back of a large spoon to release any liquid; discard rhubarb solids. Return glaze to saucepan. Bring to boiling; reduce heat. Simmer, uncovered, 12 minutes or until reduced to about $\frac{1}{3}$ cup (watch closely at the end).
- 2 In a medium saucepan bring 2 cups water and $\frac{1}{4}$ teaspoon of the salt to boiling. Add chickpeas and quinoa; reduce heat. Cover and simmer 12 to 15 minutes or until liquid is absorbed. Toss with $\frac{1}{4}$ cup of the basil.
- 3 For kabobs, place tofu between folded paper towels. Top with a plate and a heavy can of food. Let stand 15 minutes. Cut tofu into 1 $\frac{1}{2}$ -inch cubes. In a medium bowl gently toss tofu with the remaining $\frac{1}{4}$ teaspoon salt and the pepper. Thread zucchini, tomatoes, and tofu onto skewers, leaving space between pieces.
- 4 Grill kabobs, covered, over medium heat 6 to 8 minutes or until zucchini is just tender and kabobs are heated through, turning once halfway through grilling and brushing on all sides with half of the glaze the last 2 minutes.
- 5 Serve kabobs with quinoa mixture. Drizzle with the remaining glaze. Sprinkle with the remaining basil.