



12 skewers + 4 cups rice + 1 cup sauce
Preparation Time: 33 minutes

INGREDIENTS:

¾ cup low-sodium vegetable broth

3 tablespoons natural peanut butter

3 tablespoons lime juice

1½ tablespoons pure maple syrup

1 teaspoon sea salt

¼ teaspoon cayenne pepper

½ cup sliced scallions

2 medium sweet potatoes, cut into 1¼- to 1½-inch cubes

2 cups broccoli florets

12 oz. extra-firm tofu, pressed to remove liquid and cut into 1¼-inch cubes (see tip, recipe intro)

1 8-oz. package fresh button mushrooms

1 red bell pepper, cut into 1¼- to 1½-inch chunks

4 cups cooked brown rice

Fresh cilantro and/or sliced fresh Thai chiles (see tip, recipe intro) (optional)

Grilled Veggie and Tofu Skewers with Peanut Sauce

Fire up the **grill** and treat your taste buds to these delicious veggie tofu skewers, which are fun to eat and ready in 35 minutes. Extra-firm tofu holds its shape and sits snugly on the skewers next to tender steamed **sweet potato**, umami-rich mushrooms, sweet bell pepper, and earthy broccoli. A lime-infused peanut sauce lends rich flavor without weighing you down; it gets brushed on before grilling, giving the veggies and tofu a finger-licking-good smoky nuttiness. To finish, serve atop brown rice (or another whole grain) with a dollop of the remaining sauce and a sprinkle of fresh cilantro and sliced Thai chiles, if you like. These scrumptious skewers are also fantastic as a festive appetizer.

Tips

Tofu: Be sure to use extra-firm tofu and press out as much liquid as you can so it holds together when skewered.

Wooden skewers: If using wooden skewers, soak them in water for 30 minutes before using them.

Gloves: Wearing gloves is advised when cooking with hot chiles, as they contain oils that can irritate your skin and eyes.

Cooked brown rice: This recipe calls for cooked brown rice; if you don't have that on hand, get that started first.

For more inspiration, check out these tasty ideas:

- [Stir-Fry Wraps with Peanut Dipping Sauce](#)
- [Summer Squash Veggie Skewers Over Edamame Quinoa](#)
- [Grilled Tofu Kabobs with Rhubarb-Balsamic Glaze and Quinoa Pilaf](#)
- [Stir-Fry with Peanut Sauce](#)

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- 1 For peanut sauce, in a small bowl whisk together the first six ingredients (through cayenne pepper). Stir in ¼ cup of the scallions. The sauce should be thin enough to brush over skewers, so whisk in additional broth, if needed.
- 2 Place sweet potato pieces in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 8 minutes. Add broccoli; steam 2 minutes more or until broccoli is just tender and sweet potatoes are tender. Let cool.
- 3 Thread sweet potatoes, broccoli, tofu, mushrooms, and bell pepper onto 12 skewers. Brush vegetables with 2 to 3 tablespoons of the peanut sauce.
- 4 Grill skewers, covered, over medium-high 6 to 10 minutes or until vegetables are tender and start to brown.
- 5 Serve skewers with rice. Drizzle with the remaining peanut sauce

and sprinkle with the remaining scallions. If you like, top with cilantro and/or Thai chiles.