



Baked Tofu Skewers

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🕒 Prep Time: 15 mins 🕒 Cook Time: 40 mins

🕒 Total Time: 55 mins

🍴 Servings: 8

Easy tofu skewers to bake in the oven or toss on the BBQ! For more veggies on your skewer, see notes! **Makes 6 to 8 skewers.**

EQUIPMENT

- Wooden skewers

INGREDIENTS

8 wooden skewers (soaked in water for 2 to 3 hours)

Marinade

- ¼ cup low-sodium tamari or soy sauce if gluten isn't an issue
- 2 tablespoons balsamic vinegar
- 2 tablespoons red wine vinegar
- 2 tablespoons maple syrup
- 1 teaspoon yellow mustard
- ¾ teaspoon smoked paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder

Tofu and Skewers

- 6 to 8 wooden skewers
- 2 14 ounce/397 gram packages extra firm tofu (organic if possible!), pressed (see instructions)
- 1 zucchini cut into ½ inch slices
- 1 teaspoon arrowroot starch or cornstarch
- 2 tablespoons water

Optional Garnish

- Fresh herbs or sliced scallions/green onions

INSTRUCTIONS

Before you get started:

1. To press the tofu, wrap it in a clean dish cloth and lay something heavy on it (about 3 to 5 pounds) for 20 minutes. Unwrap and you're ready to go. If I'm using extra firm tofu, I skip "pressing" all the time without much consequence. I like cutting corners!

Soak your skewers so they don't burn.

Skewers and Marinade

1. Whisk all the marinade ingredients together in a bowl. Set aside.
2. Unwrap the tofu (if you pressed it) and cut into 1 to 1½ inch cubes (I err on the bigger side for skewers). Place the tofu in a rectangular container with a tight-fitting lid. Pour the marinade over the tofu and place in the fridge for 6 hours (you can even go overnight), flipping the container 2 to 4 times throughout for even marinating.
3. Preheat the oven to 400°F and line a baking sheet with parchment paper.
4. Thread the tofu and zucchini onto each skewer. I like to do three pieces of tofu and two to three zucchini per skewer. Reserve the leftover marinade. Lay the skewers on the baking sheet.
5. Bake for 20 minutes, rotate, baste again with the marinade (still reserving the leftovers), and bake for another 15 to 20 minutes until the tofu is firm and maybe even a little charred on the edges.
6. When there are a few minutes left on the skewers, pour the leftover marinade into a small pot and bring to a gentle simmer.

In a separate small bowl, whisk together the arrowroot starch and 2 tablespoons of water (this will help thicken the marinade) and stir this into the simmering marinade. Simmer for another couple of minutes until the mixture thickens. Remove from heat.

7. Remove the skewers from the oven. Baste generously with the hot, thickened marinade, garnish with herbs or green onion, and serve!

NOTES

For BBQ:

Prepare the skewers as is directed and BBQ for a few minutes on each side until grill marks are formed. The time will vary depending on your BBQ.

Use leftover marinade as a stir fry sauce or mix with steamed vegetables and cooked noodles!

Want more veggies on your skewer? Add the following to your skewer in any order or sequence you like!

- ½ red onion, cut into chunks
- 1 red bell pepper, seeds, and stem removed and cut into 1-inch pieces
- Button mushrooms (as many per skewer as you want!)

- Pineapple chunks! Fruit, not veg, but can upgrade your skewer tremendously!

Serving suggestions:

Serve these baked tofu skewers on a bed of warm cooked grains like brown rice or quinoa and pair with a big side salad for a delicious summer-y meal!

Salad ideas:

Quinoa Tabbouleh

Spinach Salad



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