

Tofu & Pineapple Kebabs

Prep time:

15 minutes

Cooking time:

20 minutes

Yields:

6 servings

Ingredients:

1 14-oz. pkg. extra-firm tofu, drained and cut into 18 cubes
½ large pineapple, peeled, cored, and cut into 12 ¾-inch cubes
1 large red bell pepper, cut into 12 pieces
½ cup braggs liquid aminos
½ cup mirin
1 Tbs. toasted sesame oil
1 Tbs. minced fresh ginger
2 cloves garlic, minced
2 tsp. maple syrup
1 pinch red pepper flakes
2 tsp. arrowroot powder

Instructions:**Directions:**

Preheat oven to 375°F. Thread each of 6 bamboo skewers with 3 cubes tofu, 2 cubes pineapple, and 2 pieces bell pepper, and place in baking dish.

2. Combine liquid aminos, mirin, oil, ginger, garlic, maple syrup, and red pepper in a small saucepan and bring to a boil.
3. Combine arrowroot and 1/4 cup plus 1 Tbs. cold water in bowl. Add to sauce pan and simmer 2 minutes, or until sauce begins to thicken. Pour sauce over kebabs, and bake 20 minutes, turning once to keep kebabs coated in sauce.

