

PESTO KEBABS

Preparation time: 15 minutes

Cooking Time: 15 minutes

Serves: 8



Ingredients

250g firm tofu, cubed
190g bottled pesto
2 baby eggplant, sliced
2 medium zucchini, sliced
1 red capsicum, cut into 2 1/2 cm chunks
4 yellow squash, quartered
250g punnet cherry tomatoes
250g mushrooms, quartered

Method

1. Marinate tofu in pesto for several hours. Soak 16 skewers in water.
2. Thread vegetables pieces and tofu onto skewers, 2 cubes of tofu per skewer.
3. Brush kebabs lightly with remaining pesto. Dry roast in a hot oven (200°C) until lightly brown on all sides.

Nutritional Information:

Kilojoules 560 kJ
Calories 135 cal
Protein 18 g
Total fat 8 g
Carbohydrate 8 g
Sodium 240 mg
Potassium 400 mg
Calcium 60 mg
Iron 1.2 mg
Fibre 4 g

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