Grilled Tofu With Smoky Barbecue Sauce

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

The tofu in this dish is best grilled, but can also be baked. Making your own barbecue sauce is easy and economical.

About the Recipe

280 Calories · 14.3 g Protein · 3.1 g Fiber
Lunch · Dinner
Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 1 8-ounce can tomato paste
- 1/2 cup agave nectar
- 1 tsp. liquid smoke
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground allspice
- 2 cloves garlic, minced
- 2 tbsp. tamari
- pinch cayenne pepper
- 1 pound extra-firm tofu, pressed
- 4 wooden skewers, soaked for 1 hour in warm water
- to taste vegetable oil cooking spray

Directions

1. Combine the tomato paste, agave nectar, liquid smoke, cinnamon, allspice, garlic, tamari, and cayenne pepper in a small saucepan.
2. Bring to a boil over medium heat. Lower heat to simmer and cook for 5 minutes, stirring regularly. Set aside.
3. Cut the tofu into equal-size slabs, about 3/4-inch thick. Using 2 wooden skewers per tofu piece, skewer tofu, separating skewers about 1/2 inch from each other.
4. Coat a grill rack with cooking spray. Preheat gas grill to medium-high heat. When the grill is ready, add the tofu and grill for 1 minute.
5. Brush some of the barbecue sauce on the top and cook for 1 more minute. Turn the tofu and brush with more barbecue sauce. Cook for 2 additional minutes, until the tofu is browned.
6. Optional: Grill vegetables with the tofu, such as tomatoes, broccoli, carrots, red or yellow pepper, zucchini, cauliflower, or any other seasonal vegetable.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 280
Fat: 7 g
    Saturated Fat: 0.7 g
    Calories From Fat: 20.8%
Cholesterol: 0 mg
Protein: 14.3 g
Carbohydrate: 46 g
Sugar: 30.1 g
Fiber: 3.1 g
Sodium: 922 mg
Calcium: 314 mg
Iron: 6 mg
Vitamin C: 13.6 mg
Beta-Carotene: 524 mcg
Vitamin E: 2.5 mg