

# Grilled Veggie & Tofu Skewers

Prep: 20 minutes (plus 1 hour marinating) • Cook: 15 minutes

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*Smoky, char-kissed skewers of marinated tofu and colorful vegetables, warmly spiced with curry and paprika, then brightened with a squeeze of lemon and fresh parsley.*

## Ingredients

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- 12 skewers
- 1 package firm tofu (cut into 1-inch cubes)
- 1 red onion (cut into 1-inch cubes)
- 1 tomato (cut into 1-inch cubes; or use a handful of whole cherry tomatoes)
- 1 small eggplant (cut into 1-inch cubes)
- 1 bell pepper (cut into 1-inch cubes)
- 12 small or 6 large button mushrooms (use whole if small; halve if large)
- 1/3 cup olive oil
- 2 tsp curry powder
- 1 tsp smoked paprika
- 1 tsp sea salt
- 1/2 tsp ground pepper
- 1/2 tsp paprika
- 1/4 tsp cinnamon powder
- 1/8 tsp ground nutmeg (optional)
- 1/8 tsp sumac powder (optional)
- 1/2 lemon (for serving; squeeze over skewers)
- a handful fresh parsley (chopped, for garnish; optional)

## Instructions

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1. Place the tofu and all cut vegetables into a large lidded container.
2. In a small bowl, mix all the spices (curry powder, smoked paprika, sea salt, ground pepper, paprika, cinnamon, nutmeg, sumac).
3. Drizzle the olive oil over the tofu and veggies, then sprinkle the spice mix on top.
4. Close the container and shake well to thoroughly coat everything in the spiced oil.
5. Refrigerate for at least 1 hour, shaking the container a couple of times during marinating.
6. If using wooden skewers, soak them in water for 30 minutes.

7. Thread the marinated tofu and vegetables onto skewers, alternating ingredients for color and texture.
8. Preheat a BBQ or grill pan over medium-high heat.
9. Grill skewers for about 15 minutes, turning every few minutes, until veggies are softened and lightly charred.
10. To serve, squeeze fresh lemon over the skewers and garnish with chopped parsley. Serve with pita, hummus, and pickles if desired.

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**Tags: Vegan, Gluten Free, Grilling, Tofu, Skewers, BBQ**

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