

Grilled Vegetable Feast

Tonight you'll have a Sunday meal to celebrate the early harvest. Marinated and grilled tofu, made with ultra-firm tofu, presents a densely textured, flavor-loaded protein burst for tonight's meal. Drizzle it with some tangy homemade barbecue sauce and you've created quite a centerpiece for grilled vegetables. Season the vegetables with a baste of lemon and garlic and enjoy.

You purchased ultra-firm tofu and froze it last week. Thaw tofu in the morning. Make some grilled marinated tofu during the day. Hopefully grilling the veggies keeps you from heating up the kitchen during hot weather.

Preparation time: 50 minutes (After making grilled tofu.)

Servings: 2-3

Ingredients:

1 C. uncooked brown rice – 5 oz. -
plus
2-1/4 C. water - 18 fl. oz. -
Tonight use a total of 1-1/2 C. cooked rice - 12 oz. -

Marinated/Grilled Tofu (Extra Recipe Info.)

two packages ultra-firm tofu (*frozen and thawed.*) - 32 oz. -
Tonight use a total of 5 oz. per diner - 10 oz. -

Make Barbecue Sauce (Extra Recipe Info.)

Tonight Use 1/4 C. – 2.1 oz. -

Prep before meal assembly

2 medium zucchinis (*Cut lengthwise into 1/2" slices*) - 10 oz. -
2 large carrots or 4 small to medium carrots (*peeled sliced lengthwise*) - 8.5 oz. -
2 red bell peppers. (*seeded and cut into quarters*) - 9.3 oz. -
1 large sweet onion (*sliced into 1/2" thick rounds*) - 8.5 oz. -
3/4 lb. grillable-sized broccoli pieces with stems attached – 12 oz. -
1/2 of a fresh melon (*seeded, peeled and cubed*) -14 oz. -

Juice from 1 lemon - 1.4 oz. -
1 clove garlic (*smashed and chopped*) - .11 oz. -

Final Seasoning for Vegetables

1/4 C. chopped fresh basil - .26 oz. -
1/4 C. low-sodium veggie broth - 2.2 fl. oz. -
1 tsp. low-sodium soy sauce - .16 fl. oz. -
1 T. lemon juice - .51 fl. oz. -

1 large tomato (*quartered*) - 7 oz. -

Instructions:

- **Start by putting rice on to cook. (Set a timer for 30 minutes so you don't forget it.)**

Make Marinated/Grilled Tofu (Extra Recipe Info.)

- After you've grilled it, partially cut squares forming 1-inch-wide strips. Make the cuts about halfway through the square so the square is still in tact. Insert a kabob stick through the square and slightly separate the cut sections. Return to fridge with about ½ C. marinade.
- Reserve about ½ C. of the marinade mixture to add to the rice.
- Store remaining tofu pieces in fridge with leftover marinade for another meal.

Make Barbecue Sauce. (Extra Recipe Info.)

Prep

- Before you start dinner preparations, prepare all vegetables and melon and set aside. Place melon cubes in a separate bowl from vegetables.
- Mix lemon juice and garlic and set aside to baste vegetables.
- Grill vegetables on the stovetop or outside until they begin to brown. Separate ½ of the veggies for Wednesday's meal. Set the others on a plate for tonight.
- Toss veggies with basil, broth, lemon juice mixture.
- Grill quartered tomatoes briefly before you begin to plate the meal.

Plate the meal

- Remove tofu with kabob sticks from fridge. Lift out of marinade and warm 1-1/2 minutes in microwave.
- Drizzle tofu slices with barbecue sauce and surround with grilled vegetables.
- Arrange tomato pieces around the vegetables.
- Measure ¾ C. rice per serving and mix with ½ C. reserved marinade from tofu slices and a couple of tablespoons of the basil lemon basting sauce. Warm in microwave for 1-minute and spoon onto plates.

Place bowl of melon on the table and allow diners to help themselves.

Holy smokes! There's lots of bright and fresh flavor on this plate!

Extra Recipe Info.

Marinated/Grilled Tofu

Here's a great way to "punch-up" your tofu. It is guaranteed to get your guest's attention. You must freeze and thaw the tofu before you start. Doing this changes the consistency and makes the tofu more absorbent.

Preparation time: 45 minutes

Serves: 2-4 people

Ingredients:

Two 16 oz. packages of ultra-firm tofu (*frozen and thawed*)

Marinade:

1 large clove garlic (*chopped*) – .11 oz. -

1 tsp. sesame oil - .15 fl. oz. –

plus

2 tsp. canola oil- .32 fl. oz. -

¼ C. finely-chopped onion – 1.3 oz. -

¼ C. white wine – 2.1 fl. oz. -

½ tsp. prepared mustard - .13 oz. -

½ tsp. Asian garlic chili sauce - .04 oz. -

3 T. rice wine vinegar - 1.54 fl. oz. -

½ tsp. freshly-grated ginger - .04 oz. -

1/2 C. low-sodium veggie broth – 4.1 fl. oz. -

1 T. low-sodium soy sauce - .48 fl. oz. -

2 T. dried basil leaves - .22 oz. -

- **Smash and chop garlic. Set aside.**
- **Thaw tofu and cut into ½” slices. Lay a couple of layers of paper towel on a cookie sheet and arrange sliced tofu on paper towel.**
- **Cover with 2 more layers of paper towel and set another cookie sheet on top. Place a good weight like a pasta pan filled with water on top of second cookie sheet. Let stand for 15 minutes. The extra weight presses extra moisture from the tofu.**

Make marinade for tofu

- **Start with oils, garlic onion and white wine. Microwave in a covered bowl for 45 seconds.**
- **Place in a 9X12 baking dish and add remaining ingredients. Stir well and let stand.**
- **Remove tofu from paper towel layer and lay slices in marinade. Allow to marinate at least 15-minutes per side.**
- **Heat a ribbed griddle and place tofu pieces on hot griddle. Brown each side. Then turn on edge and rotate until edges are browned. Set aside until ready to use.**
- **Save marinade and add a little to your rice tonight. You can also store the finished tofu in leftover marinade.**
Cut into squares or break into pieces before adding to stir-fry.

Barbeque Sauce

Preparation time: 30 minutes

Servings: About 2 Cups

Ingredients

2 large cloves garlic (*smashed and chopped*) - .22 oz. -
1/3 C. finely-chopped sweet onion - 2.6 oz. -
one can tomato sauce – 15 oz. -
1/3 C. balsamic vinegar – 3.1 fl. oz. -
2 tsp. olive oil - .25 fl. oz. -
1 tsp. Worcestershire sauce - .16 fl. oz. -
2 T. chili powder -.23 oz. -
1 tsp. dried oregano leave - .08 oz. -
1/3 C. molasses or sorgum – 3 . oz. -
1/8 tsp. cayenne pepper (*to taste*) - .02 oz. -

Instructions:

- **Chop garlic and let rest while you chop onion and open can of tomato sauce.**
- **Measure all ingredients into a small saucepan.**
- **Mix well.**
- **Bring to a boil, reduce heat to low and cover. Cook 5-minutes.**
- **Stir again, turn off heat and let stand until ready to use.**

Store in fridge in a glass jar with tight-fitting lid. This should keep for months. It's great for sandwiches and any number of items you wish to enjoy with barbecue sauce. I often even spoon a couple of tablespoons into leftover rice and use with beans for lunchtime veggie tacos.