

## Veg BBQ

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Tofu & Veg shish-kebab with lemon-soy marinade

½	cup peanut or vegetable oil
3	tablespoons fresh lemon juice
4 ½	tablespoon Tamari or low-sodium soy sauce
2 ½	tablespoon sesame oil
3	Cloves garlic; minced
1	Green onion; thinly sliced
1 ½	teaspoon ground ginger
1	pound extra-firm tofu cut into ¾-inch cubes and patted dry
16	Ripe cherry tomatoes
1	large green bell pepper cored and cut into 1-inch squares
½	large red onion cut vertically into thirds and chunks separated
12	White button mushrooms

## Grilled Red Onions

- 2 pounds red onions
- 1/2 cup fresh parsley, chopped
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1 1/2 teaspoon fresh rosemary, chopped
- 1 clove garlic, minced
- salt and pepper to taste.

Prepare as Byron suggests in the video.