

Protein-Packed Veggie Skewers

Cook Time: 20 minutes

Total Time: 40 minutes

Servings: 4-6

Serving Size: 2 skewer

Ingredients:

- 1 block (14 ounces) firm or extra firm tofu
- 2 Tbsp soy sauce
- 2 small zucchini
- 2 small yellow squash
- 2 red bell pepper
- 2 cups grape tomatoes
- 1 cup cremini mushrooms, quartered
- 3 tsp barbeque sauce
- 8-12 bamboo skewers

Directions:

- 1) Press tofu by wrapping in paper towels and placing between two cutting boards for 20 minutes. Change paper towels every 10 minutes.
- 2) Cut pressed tofu into 1 inch cubes and place in bowl. Pour soy sauce over and let sit to marinate.
- 3) Preheat grill.
- 4) Wash and rough chop all vegetables into 1 inch pieces.
- 5) Assemble skewers, alternating vegetables and tofu.
- 6) Lightly spray grill with cooking spray. Add skewers to grill, rotating every couple of minutes to prevent burning. Cook until vegetables are tender and tofu is golden then brush with barbeque sauce.
- 7) Remove from grill and enjoy immediately.

Quick tip:

Soak bamboo skewers in water for 24 hours prior to assembling in order to prevent burning while grilling.

Dietitian Tip:

You can easily substitute animal protein for tofu. Chicken or lean beef could be great! Just be sure to cook to a safe temperature. (Chicken: 165°F, Beef: 145-165°F)

Grilled Cinnamon Peaches & Yogurt

Cook Time: 5 minutes

Total Time: 10 minutes

Servings: 6

Serving Size: ½ peach + ½ cup yogurt

Ingredients:

- 3 ripe medium peaches, halved and pit removed
- 1 Tbsp brown sugar + 2 Tbsp sugar substitute
- ½ Tbsp cinnamon
- 3 cups plain nonfat Greek Yogurt
- 1 tsp vanilla extract
- 2 Tbsp sugar substitute

Directions:

1. Preheat grill to medium heat.
2. Wash peaches, cut in half and remove pits.
3. Combine brown sugar, sugar substitute and cinnamon in a bowl.
4. Place peaches flesh side up on plate or pan, lightly spray with cooking spray. Place on grill flesh side down for 2-3 minutes.
5. Flip over and sprinkle with sugar mixture. Cook for another 2-3 minute or until flesh becomes soft then remove from grill.
6. Combine yogurt, vanilla and sugar substitute and stir until well combined.
7. Serve grilled peach and yogurt immediately.

What's good:

Greek yogurt is higher in protein than traditional yogurt. Protein helps to balance the blood sugar increase that happens to everyone when they consume fruit.

Dietitian Tip:

If you prefer to avoid sugar substitutes, you can use regular sugar however, this increases your overall daily added sugar intake. Added sugar intake is related to obesity and risk for diseases like cardiovascular disease and diabetes. Use in moderation.