Rainbow Summer Veggie Skewers
Yield: 4 Servings

Ingredients:

Marinade:
- ¼ cup olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp low-sodium soy sauce
- 1 tsp honey

Vegetables:
- 1 yellow squash, cut into 1-inch rounds
- 1 medium zucchini, cut into 1-inch rounds
- 1 small red onion, cut into wedges
- 1 orange bell pepper, cut into 1-inch pieces
- 2 tomatoes, cut into 1-inch pieces
- 1 block tofu, cut into 1-inch cubes

Directions:
1. Make the marinade: in a small bowl, whisk together the olive oil, balsamic vinegar, soy sauce, and honey.
2. Heat a grill to medium-high. Arrange the vegetables onto skewers and brush generously with the marinade so that all sides of each vegetable are well coated. Grill the skewers for 8 minutes per side or until the vegetables and tofu are nicely charred.