

# ONE BITE

VEGAN MAGAZINE

*Party time!  
Vegan grazing  
tables*

*Would you eat  
lab-grown meat?*

*Win a Copy  
The Rawsome  
Vegan Cookbook*

*Do vegan kids need  
supplements?*

*Your guide to vegan wine*



## Easy tofu teriyaki skewers

By Steven from The Nut-Free Vegan

These Teriyaki Tofu Skewers are super versatile and make a great finger food on their own or as a tasty protein in your vegetable dish.

Serves: 16 skewers

### Ingredients

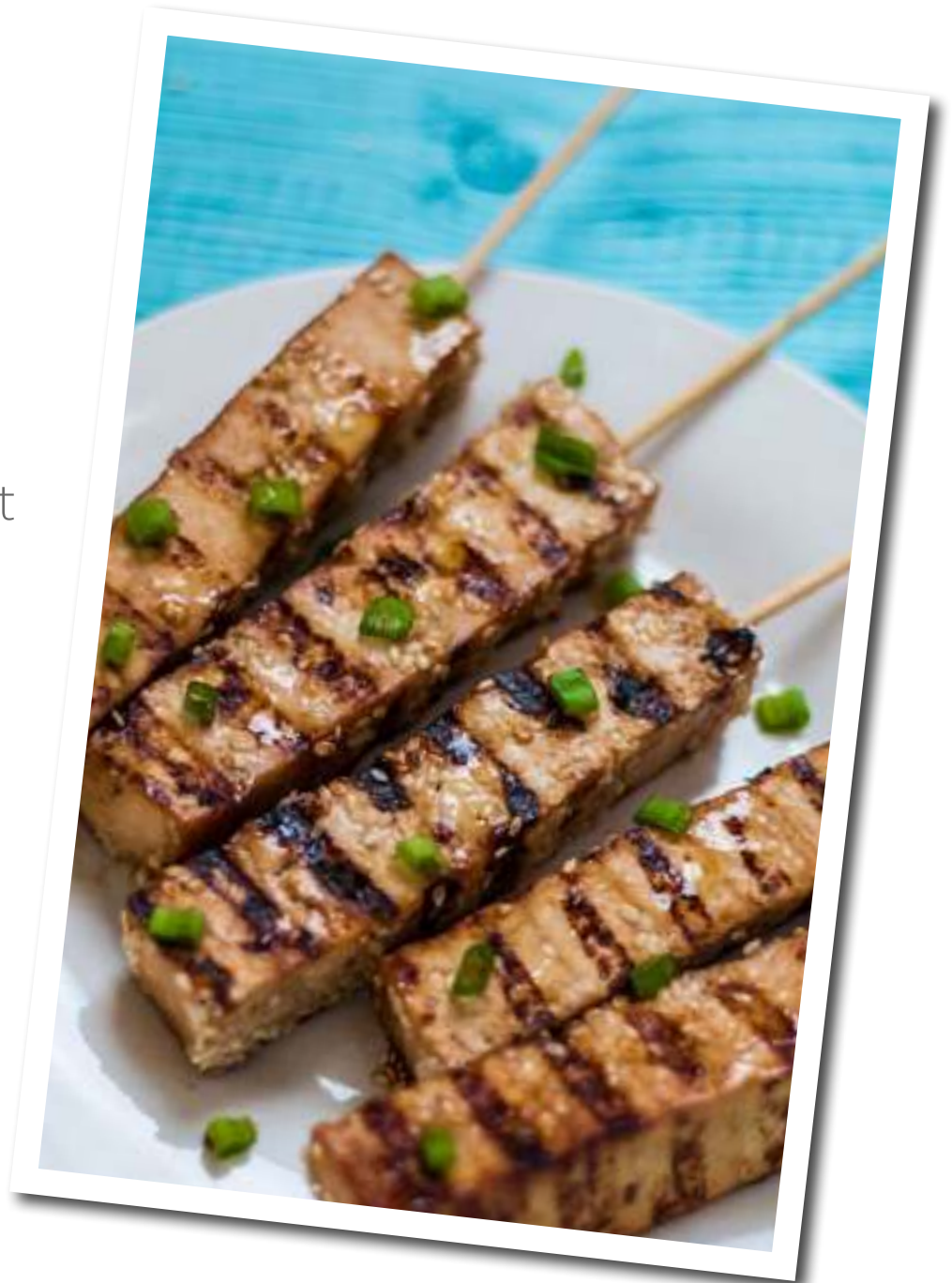
- ½ cup soy sauce
- 1 cup water
- 1 Tbsp. ground ginger
- ½ tsp. minced garlic
- ¼ cup light brown sugar
- 3 Tbsp. agave
- 3 Tbsp. corn starch
- 2 (14 oz.) packages firm tofu, pressed and dried
- 2 Tbsp. sesame seeds

### Instructions

1. Mix all ingredients except tofu in a large mixing bowl.
2. Slice each brick of tofu into 8 strips and place in marinade. Refrigerate for at least 15 minutes.
3. Put skewer in one end of each tofu strip and grill tofu for 3 minutes on each side.
4. Top with sesame seeds and serve.

### Notes

This recipe can be made gluten-free with the proper soy sauce.







## About the author...

**Steven** is the man behind [The Nut-Free Vegan](#). Driven by his own allergies, he has created a resource for vegans who need to stay clear of tree nuts. In the vegan world, this is no mean feat! Having been a vegetarian for 7 years, after finishing reading Jonathan Safran Foer's book, Eating Animals, he turned to veganism and has never looked back. Eager to spread the vegan message and help those that also suffer with allergies, The Nut-Free Vegan provides a plethora of suitable vegan recipes.

