

RECIPE | PEPPERS

GRILLED SKEWERS



20 min

8 min
PREP.12 min
COOKING

6



Easy

INGREDIENTS

For the beef skewers:

8 oz Finest Flavors™ Mini Sweet Peppers
1 dry pint Pure Flavor® Sangria® Medley Tomatoes
8 oz beef tenderloin, cut into 1/4 inch cubes
2 tbsp olive oil
8-inch wooden skewers

For the veggie skewers:

8 oz Finest Flavors™ Mini Sweet Peppers
1 Pure Flavor® Graffiti Baby Eggplant cut into cubes
1 dry pint Pure Flavor® Sangria® Medley Tomatoes
8 oz of firm tofu, cubed
2 tbsp olive oil
8-inch wooden skewers



DIRECTIONS

- 1 Preheat BBQ to medium to high heat.
- 2 Assemble skewers, alternating vegetables & protein, and drizzle with olive oil.
- 3 Grill for 6 minutes on each side or until golden brown.