

Vegetarian barbecue sandwiches

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Ingredients:

One 14-ounce package extra firm tofu
Vegetable oil
Chopped red peppers, green peppers & onions
Jar of your favorite barbecue sauce
Buns

Instructions:

Squeeze the tofu to remove excess water. Slice the tofu into ¼-inch thick slices. Bake at 425 degrees in a single layer on an oiled baking sheet, turning once, until lightly browned on both sides. Drain on paper towels and blot to remove any excess oil.

Saute the peppers and onions in a little vegetable oil until lightly browned. Mix in the barbeque sauce and heat thoroughly. Gently mix in the tofu and serve the barbecue mixture on toasted buns.