Grilled Tofu Sliders

Ingredients:

1 package extra-firm tofu
Your favorite dry-rub (preferably no salt added)*
Slider buns
Toppings for sliders (lettuce, tomato, avocado, BBQ sauce, etc.)

Instructions:

1. Drain tofu by lightly squeezing it, cutting it into slices, and placing it between 2 towels with a heavy book or pan on top. Leave it for about 15-20 minutes.
2. Preheat grill or grill pan to medium-high heat.
3. Brush with oil (preferably a high smoke point oil, like grapeseed or avocado oil).
4. When grill is hot, place tofu on grill pan.
5. Grill on each side for about 4 minutes, or until desired grill marks are present.
6. Assemble sliders and enjoy!

*Feel free to make this at home!

Grilled Chicken Sliders

Ingredients:

1-2 lbs. boneless chicken breast
1 cup Italian dressing
1-2 Tbsp red wine vinegar
Slider buns
Toppings for sliders (lettuce, tomato, avocado, BBQ sauce, etc.)

Instructions:

1. Cut chicken breasts in half (to make them thinner).
2. Mix marinade in large zip-top bag and add chicken to marinate for at least 30 minutes.
3. Preheat grill or grill pan to medium-high heat.
4. Brush with oil (preferably a high smoke point oil, like grapeseed or avocado oil).
5. When grill is hot, place tofu on grill pan.
6. Grill on each side for about 5-7 minutes. Check temperature of chicken breasts – they are done when the thermometer reads 165 degrees Fahrenheit or greater.
7. Assemble sliders and enjoy!
Foil Packet Vegetables

Ingredients:

1-2 lbs. of vegetable of choice

Olive oil

Garlic

Other seasonings (preferably no salt added)

Instructions:

1. Trim and/or chop vegetables into even pieces.
3. Place vegetables in foil with a drizzle of olive oil, garlic, and seasonings.
4. Grill on each side of foil packet for 5-10 minutes or until desired doneness is reached.