

Beef, Chicken, or Tofu Kebabs, Repurposed for Orzo

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-eggplant-bamboo-mushroom-carrot-tofu-recipe>

Ingredients:

- 1 red onion small
- 1 pepper red, yellow, or green
- 1 eggplant
- 12 mushrooms brown
- 1 1/2 pounds chicken breast
- 1 1/2 pounds top sirloin steak
- 1 pound tofu
- 1/2 tablespoon Dijon mustard
- 3 tablespoons balsamic vinegar
- 1 tablespoon sweetener your choice –
- 3 tablespoons olive oil
- 16 bamboo skewers
- kosher salt
- pepper
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- 1/2 pound orzo or other pasta / grain
- 1 bunch basil
- 2 cloves
- 1/4 cup pine nuts
- 1 lemon
- 1/4 cup olive oil
- 1/4 cup oil
- 1/4 cup feta optional

Nutrition:

1. Calories: 1350 calories

2. Carbohydrate: 71 grams
 3. Cholesterol: 195 milligrams
 4. Fat: 80 grams
 5. Fiber: 10 grams
 6. Protein: 93 grams
 7. SaturatedFat: 18 grams
 8. Sodium: 830 milligrams
 9. Sugar: 14 grams
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