



Tofu Mushroom & Spinach Quiche

SERVINGS: 8

PREPPING TIME: 15 MINS

COOKING TIME: 40 MINS

INGREDIENTS

Tofu Quiche Filling

1 14-oz. block silken tofu, pressed

1/4 cup oat milk

1/4 tsp. turmeric

1 tbsp. olive oil

1 yellow onion, thinly sliced

3 large garlic cloves, minced

3 cups or 8 oz. sliced cremini mushrooms

2 cups baby spinach

1/4 cup nutritional yeast

1/2 tsp. sea salt

1/2 tsp. black pepper

No-Roll Chickpea Flour Crust

2 cups chickpea flour

3 tbsp. coconut oil

3 tbsp. olive oil

1/2 tsp. salt

1 tsp. maple syrup

DIRECTIONS

1. Preheat the oven to 350°F and lightly grease a 9-inch round quiche dish with olive oil.
2. In a food processor, blend the pressed tofu with the turmeric, nutritional yeast and oat milk until smooth. Add another 1/2 cup water if needed to achieve the desired consistency of hummus-like texture.
3. Heat a pan over medium heat and add oil, onion, and garlic, and sauté until translucent. Add mushrooms, season with salt, and cook on medium-high for about 10 minutes, or until most of the moisture evaporates.
4. Stir in the spinach, salt, and pepper. Cook for 1-2 minutes until the spinach wilts.
5. Remove the pan from heat and mix in the blended tofu until fully combined. Adjust seasoning to taste.
6. To prepare the crust, in a medium bowl whisk together the chickpea flour and salt.
7. Next add the coconut and olive oil, water and maple syrup and with your fingers work the flour mixture until completely combined but still crumbly.
8. Sprinkle the mixture into the pie dish and work into the bottom and sides until even, freeze for 20 minutes or refrigerate for at least one hour before baking.
9. Prick the bottom of the crust 6 times with a fork. Bake partially in the preheated for 10 minutes until brown and then remove to cool before adding the filling.
10. Once cooled, add the tofu filing and bake for a further 25-30 minutes.
11. Allow the quiche to cool for 15 minutes before slicing to prevent the crust from crumbling.
12. Store leftovers in the refrigerator for up to 3-4 days. Reheat in the oven at 350°F on a baking sheet for about 15 minutes.

NUTRITION

Serving size: 1 slice

(per serving) 496.6 calories, 29.2g fat, 11g saturated fat, 0mg cholesterol, 530.3mg sodium, 38g carbohydrate, 8.1g fiber, 9.6g sugar, 21.1g protein