

Basic Vegan Quiche

Serves 8

1 16 oz. package organic firm tofu, drained
1 cup soy milk
3/4 teaspoon turmeric powder
2 tablespoons Nutritional Yeast
1 1/2 teaspoons onion powder
1 1/2 teaspoons garlic powder
1 medium zucchini, diced
1 red bell pepper, diced
1 bunch green onions, sliced
1 1/2 cups broccoli florets, chopped
1 tablespoon olive oil
Sea salt to taste and freshly ground black pepper
Vegan parmesan cheese for topping (optional)
1 pie crust, chilled



Pictured here: Asparagus and Heirloom Tomato Vegan Quiche. Use any variety of seasonal vegetables.

Preheat the oven to 350.0 Prepare the vegetables and sauté them briefly in a small amount of oil. Transfer them to a medium mixing bowl and set aside.

In the jar of a blender combine the tofu, soy milk and seasonings. Blend on high and gradually add more milk until a smooth consistency similar to a soft ricotta cheese is reached.

Transfer the blended tofu mixture into the sautéed vegetables and stir until blended. Season to taste then pour into a frozen prepared pie crust. Bake for 50-60 minutes or until a knife inserted into the center comes out clean. Top with veggies and optional vegan cheese the last 10 minutes of baking time. Let cool 15-20 minutes before serving.