

## 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.