

Vegan Quiche (vegan, gluten-free)

Prepare crust and pre-bake for 10 minutes (see below)

In heavy pan,:

1/4 cup **olive oil**

2 **red** or **sweet onions** (diced)

After 5 minutes add:

4 cloves **garlic**, minced

Sauté until soft. Turn heat off and add

1 pound raw **spinach**

Cover for 3 minutes. and allow spinach to mostly wilt

In food processor add:

1 block **silken tofu**, drained

3 Tablespoons **Ener-G egg replacer**

3 teaspoons **salt**

1 teaspoon dried **mustard powder**

1 teaspoon **turmeric**

1/2 teaspoon **cayenne pepper**

1/4 teaspoon **black** or **white pepper**

1/8 teaspoon **nutmeg**

After done blending, add the rest of the tofu:

2 more blocks **silken tofu**, drained

Then add everything to the vegetable mixture. Stir thoroughly.

Spoon inside the **partially baked pie crust**. Sprinkle the top with **sweet paprika**. Bake uncovered at 350F for 40 minutes until toothpick or knife inserted into center comes out clean.

Serves ~4

See next page for Gluten-Free Pie Crust recipe

Gluten-Free Pie Crust

In bottom of mixing bowl add:

1 cup **coconut flour**

1 cup **almond flour** (make sure no one coming to dinner is allergic to nuts)

1/2 cup **oat flour**

2 Tbsp. **Flax seed meal**

1 Tbsp. **Arrowroot flour**

1 tsp **Salt**

Blend by hand thoroughly with pastry fork

Add:

3/4 cup **Earth Balance** or other vegan trans-fat-free margarine

Blend by hand until all the lumps of Earth Balance are out, slowly add water, 1 Tablespoon at a time, until dough just barely holds together.

Press the dough gently into 2 pie plates or one 13" x 9" casserole dish, don't roll the dough out, that's just impossible with gluten-free dough. Pre-bake for 7-10 minutes at 350.

Add tofu quiche mixture above, bake at 350F for ~40 minutes until toothpick inserted into the center comes out clean