

TOFU QUICHE

Serves 4-5

9 inch unbaked pie crust
1 pound broccoli, chopped (or vegetable of choice)
1 Tablespoon corn oil
1 onion, finely chopped
4 cloves garlic, minced
1 pound extra firm Vermont Soy tofu, drained
1/2 cup Vermont Soy Vanilla, Original or Unsweetened soymilk
1/4 teaspoon Dijon mustard
1 Tablespoon tahini
1/4 teaspoon turmeric
3/4 teaspoon salt
1/4 teaspoon ground nutmeg
1/4 teaspoon black pepper
1 Tablespoon nutritional yeast
1 Tablespoon dried parsley or 2 Tablespoons fresh parsley

Preheat oven to 400 degrees F (200 degrees C). Bake pie crust in preheated oven for 10 to 12 minutes. Let the pie crust cool while you prepare the filling. Turn oven down to 350 degrees.

Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 minutes. Drain.

Heat oil in a large skillet over medium-high heat. Saute onion and garlic until golden. Stir in the cooked broccoli.

In a blender or food processor combine tofu, soymilk, mustard, tahini, turmeric, salt, nutmeg, black pepper, nutritional yeast, and parsley; process until smooth. In a large bowl combine tofu mixture with broccoli mixture. Pour into baked pie crust.

Bake in preheated oven for 35 to 40 minutes, or until quiche is set. The top will be firm and puffed up. Allow to stand for 15 minutes before cutting. Serve at room temperature.



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