



RECIPES

Vegetable Quiche

- 1 lb. regular organic tofu
- 1/4 c water
- 3 T whole wheat flour
- 2 t spicy mustard
- 2 T nutritional yeast
- 1/4 t paprika
- 1 t salt
- dash cayenne
- 1 T olive oil
- 1/4 c finely diced red onion
- 1 c sliced crimini mushrooms
- 1 c small broccoli pieces
- 1 small tomato, diced
- 2/3 c grated goat cheese (gouda)
- 9 - inch unbaked whole wheat pie shell (pre bake or purchase)

Cream together tofu, water, flour, and seasonings. Sauté the onion, mushrooms, broccoli, and tomato in the oil for 3 minutes. Add along with the cheese, to the tofu mixture. Spoon into the pie shell and bake in 350 degree oven 40 minutes. Let stand 15 minutes before serving.