

GummiKING™



Spinach Quiche

Family Recipes!

5 tablespoons olive oil, divided
1 medium sweet onion, finely diced
1 small zucchini, thinly sliced
5 medium sized crimini mushrooms, thinly sliced
1-1 1/2 tablespoon sea salt, to taste, divided
1 tablespoon sherry, optional
3 garlic cloves, sliced thin
6-8 fresh basil leaves, chopped
1/4 tablespoon dried thyme
scant pinch red pepper flakes
1 (16 ounce) package firm tofu, drained and pressed for at least 30 minutes
2 tablespoons fresh squeezed lemon juice
1 tablespoon rice vinegar
1 (16 ounce) package frozen chopped spinach
1 pie shell (I use Marie Callender's deep dish)
paprika, to taste
buttery nonstick spray

Directions:

1. Preheat oven to 350 degrees F. In a skillet on medium heat, add 1 tablespoon of the olive oil and add the onions, mushrooms, and zucchini. Caramelize for about 10 minutes or so. When nice and brown, add 1/2 tablespoon of salt and the sherry to deglaze and cook for another minute until dry.
2. Remove and place in a medium sized mixing bowl. In the same pan on medium heat, add the rest of the oil and saute the garlic, basil, thyme, and red pepper flakes for about 3 minutes until the garlic is slightly golden but do not brown.
3. Pour garlic concoction into a food processor and crumble the drained tofu on top. Add the vinegar, lemon juice, and the rest of the salt. Puree until really smooth.
4. Add to the onion/mushroom mixture in bowl. Using the same pan once again, saute the spinach until heated through. Once finished, squeeze all excess water out and add to the tofu mixture, stirring all ingredients together well.
5. Spray pie crust with buttery spray, and smooth down mixture into the pie shell. Dust with paprika, and bake for 35-45 minutes until crust is golden brown and tofu is somewhat firm.

Okay, so I know the ingredient list and the directions seem really long, but let me assure you, it is not as difficult as it seems and it is oh so worth it! I served this quiche with a side of steamed cauliflower with a touch of vegan margarine.

Serves: 4-8, Preparation time: Really depends on how fast you are in the kitchen.