

Quiches are savory French tarts traditionally made with lots of eggs, cream, and cheese. Here are two ways to bake them without eggs and dairy.

INGREDIENTS

1 vegan puff pastry
(I use Pepperidge Farm)

vegetables for the filling
(choose your favorites):

onions
mushrooms
spinach
broccoli
cherry tomatoes
...

two options for the egg /
cream mixture:

tofu base:
12 oz firm tofu
1/4 cup soy milk

Just Egg base:
1/3 cup raw cashews
2/3 cup water
8 fl oz Just Egg

1 cup vegan shredded
cheese
salt & pepper

DIRECTIONS

Preheat oven to 400F.

Sautee / steam vegetables and season to taste.

Roll out the pastry. Place on tart pan lined with parchment paper.

If choosing tofu base:

Blend the tofu, milk, half the cheese, salt and pepper.
Mix it with the vegetables, and spread on the pastry.

If choosing Just Egg base:

Spread the vegetables evenly on the pastry.

Blend cashews and water together. Mix in the Just Egg, half the cheese,
salt and pepper.

Pour the mixture on top of the veggies.

Sprinkle the remaining cheese on top. And bake for about 45 minutes until
the quiche is puffed and golden.

Serve hot with a green salad.

It's also delicious cold.