Carrot-Tofu Quiche

A vegan quiche that is bursting with healthy ingredients and savory flavors. Creamed tofu, tender carrots, and crisp onions are baked into a savory and flavorful quiche that is loved by vegans and meat-eaters alike. For an even healthier version substitute a whole-wheat pie crust, and serve with salad for a memorable meal.

Ingredients:

4 c. carrots, sliced
2 c. tofu, mashed
1/4 c. water
1 tsp sea salt
1 small onion, minced
1/2 tsp dill weed
2 Tbsp chopped parsley
1 9-inch pie crust
2 Tbsp. sesame seeds

Directions:

1. Preheat oven to 350 degrees F. Prepare pie crust by placing in lightly greased 9-inch pie plate and set aside.

2. Steam carrots until they are tender. Remove from steamer and set aside.

3. In blender combine tofu, water, and salt. Blend until thick and creamy, adding more water if necessary.

4. Transfer to tofu to large bowl and combine with minced onion, dill weed, and chopped parsley. Stir in carrots.

5. Transfer to pie plate, and sprinkle with sesame seeds. Bake for 40 minutes or until set and lightly browned on top.

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