



Tofu Vegetable Quiche

Ingredients

- 3 cups water
- 1 cup of teff grain
- pinch of sea salt
- 1 lb. of soft tofu
- 1 Tbsp. umeboshi vinegar
- 1 tsp. dried basil or 1 bunch fresh dill
- salt & pepper to taste
- 1 tsp. cold pressed extra virgin olive oil
- 2 cloves of garlic, minced
- 1 onion or leek, sliced
- ½ pound of sliced mushrooms
- 1 stalk and florets of broccoli, sliced or 2-3 sliced leaves of kale, or a small bunch of sliced asparagus

Directions

1. Preheat oven to 350F.
2. Boil 3 cups of water. Add teff and salt. Simmer for 15 minutes or until all the water is absorbed.
3. Pour cooked teff into a casserole dish or large pie pan and spread out evenly to form crust.
4. Blend tofu, vinegar and basil or dill. Add salt and pepper and adjust the seasoning to your taste.
5. Heat oil over medium high heat in a fry pan and sauté garlic with onion or leek.
6. Add mushrooms and other veggies of choice. Cook until tender and are bright in color.
7. In a large mixing bowl, combine the tofu mixture with the sautéed vegetables.
8. Pour the vegetable tofu mixture onto the teff grain crust.
9. Bake for 10 minutes or until the tofu turns a light brown.

We want to see how your Tofu Vegetable Quiche came out, send us your pictures!
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