

## Tofu quiche with brown rice crust

Serves 4

### Ingredients

Vegan Parmesan (yields about  $\frac{3}{4}$  cup)

- $\frac{3}{4}$  walnuts
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. garlic powder
- $\frac{1}{4}$  cup nutritional yeast

Crust

- 2 cups cooked brown rice
- 2 tbsp. vegan Parmesan
- 1 chia egg (mix together 1 tbsp. chia seeds and 3 tbsp. water and let sit until gelatinous, about 10 minutes)

Filling

- 1 lb. firm tofu, drained
- 3 tbsp. capers
- Remaining vegan Parmesan (about  $\frac{1}{2}$  cup)
- 1 tsp. dried oregano
- 1 tsp. dried basil
- $\frac{3}{4}$  tsp. red pepper flakes (more or less to taste)
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{2}$  tsp. garlic powder

Toppings (optional)

- Thinly sliced zucchini or summer squash
- Sliced tomatoes
- Fresh basil
- Olive oil

### Directions

- 1) For the vegan Parmesan: puree all ingredients in food processor until fairly homogenous and powdery.
- 2) For the crust: preheat the oven to 400 degrees. Lightly grease a 9"-10" tart pan or pie dish. Mix together all ingredients until combined (you can do this by hand, with a spatula, or if you want a smoother crust, in a food processor). Press crust into prepared pie dish and bake for about 15-20 minutes, or until firm and golden around the edges. Set aside to cool.
- 3) For the filling: puree all ingredients in food processor until smooth. Season with salt, pepper, and red pepper flakes to taste. Pour into cooled crust and spread around evenly. Top with sliced zucchini and tomatoes (optional) and bake for 25-30 minutes, or until set. Switch the oven to broil and cook for another 5-10 minutes, or until golden brown on top.
- 4) Set aside to cool for a few minutes, then slice and serve!

