



# Tofu Quiche

by *BHHEC Kitchen*

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## **Pie Crust:**

- 1 cup whole wheat flour
- 1 cup rolled oats, blended
- 1 tsp. salt
- ½ cup water
- ¼ cup olive oil

1. Combine all. Don't over mix.
2. Roll out between wax paper or plastic wrap.
3. Place in sprayed pie pan.

## **Filling:**

- ½ cup water
- ½ cup raw cashews
- 8 oz. tofu
- 1 tsp. salt
- ¼ cup cornstarch
- 1 tsp. basil
- ½ cup green bell pepper, chopped
- ½ cup red bell pepper, chopped
- ½ cup diced onions
- ½ cup diced carrots
- ½ cup olives, sliced
- ½ cup broccoli

1. Combine the water and cashews in blender and blend until very smooth.
2. Add tofu, garlic, salt, cornstarch and basil. Blend until smooth.
3. Pour into a bowl and add the vegetables and mix.
4. Pour into unbaked pie shell.
5. Bake at 350F degrees for 30 minutes.
6. Serve hot.

Serves 6