

Mini Tofu Crustless Quiche

This is a wonderful food that seems fancier than it is! You can make a lot of these and freeze them as well or cook them up for a Mother's Day brunch. Very versatile.



PREP TIME

10 mins

COOK TIME

20 mins

TOTAL TIME

30 mins



COURSE

Breakfast, Gluten Free, Snacks



SERVINGS

3 servings

CALORIES

134 kcal

INGREDIENTS

- 1/3 c Onion chopped
- 1/3 c Bell Pepper chopped
- 16 oz Mori Nu Extra Firm Silken Tofu
- 1 /8 tsp sulfur salt
- 1/8 tsp black pepper
- 1/4 tsp turmeric
- 2 Tbsp Nutritional Yeast Flakes
- 1/2 Tbsp cornstarch

INSTRUCTIONS

1. Preheat oven to 350°F / 175°C. Spray as many cups as you need in a muffin tin with cooking spray and set aside.
2. In a lightly sprayed large skillet, saute onions, peppers and garlic over medium high heat for about 7-8 minutes, until onions are translucent, stirring occasionally.
3. While the veggies are cooking, Blend the Mori-Nu extra firm tofu until it is completely blended and creamy. Transfer to a large mixing bowl and add the salt, pepper, parsley, turmeric, nutritional yeast and cornstarch and mix well.
4. Stir in the sauteed veggies to the tofu mixture until they are mixed evenly throughout.
5. Spoon the mixture evenly into the 12 muffin cup tin and bake for 20 minutes. Allow them to cool in the pan before trying to remove them or they may fall apart. (Each serving is 4 mini quiches)

NUTRITION

Nutrition Facts

Mini Tofu Crustless Quiche

Amount Per Serving	
Calories 134	Calories from Fat 4
% Daily Value*	
Fat 0.4g	1%
Saturated Fat 0.03g	0%
Polyunsaturated Fat 0.05g	
Monounsaturated Fat 0.01g	
Sodium 586mg	25%
Potassium 78mg	2%
Carbohydrates 8g	3%
Fiber 2g	8%
Sugar 2g	2%
Protein 16g	32%
Vitamin A 600IU	12%
Vitamin C 53.6mg	65%
Calcium 10mg	1%
Iron 0.7mg	4%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!