

SIMPLE TOFU QUICHE

Prep time	Cook time	Total time
15 mins	1 hour 30 mins	1 hour 45 mins

The simplest tofu quiche on the block with just 10 basic ingredients and no fancy methods required. A hash brown crust keeps this dish gluten free as well as vegan! Perfect for lunch, brunch and even brinner.

Author: Minimalist Baker

Recipe type: Breakfast

Cuisine: Vegan, Gluten Free

Serves: 8



Ingredients

CRUST

- ~3 medium-large potatoes (3 cups grated)
- 2 Tbsp melted vegan butter (or sub olive oil with varied results)
- 1/4 tsp sea salt and pepper

FILLING

- 12.3 ounces extra firm silken tofu, patted dry
- 2 Tbsp [nutritional yeast](#)
- 3 Tbsp [hummus](#)
- Sea salt and black pepper (to taste)
- 3 garlic cloves, chopped
- 2 leeks, thinly sliced and thoroughly cleaned and dried (or sub 1 medium onion, diced)
- 3/4 cup cherry tomatoes, halved
- 1 cup chopped broccoli

Instructions

1. Preheat oven to 450 degrees F and lightly spritz a 9.5 inch pie pan with non-stick spray.
2. Grate potatoes and measure out 3 cups. Then transfer to a clean towel and firmly squeeze out excess moisture. Add to pie dish and drizzle with melted vegan butter and 1/4 tsp each salt and pepper. Toss to coat, then use fingers press into the pan and up the sides to form an even layer.
3. Bake for 22-27 minutes or until golden brown all over. Set aside.
4. While crust is baking, prep veggies and garlic and add to a baking sheet. Toss with 2 Tbsp olive oil and a healthy pinch each salt and pepper and toss to coat. Place in the 450 degree oven with the crust. When you take out the crust, **lower heat to 400** and continue baking until soft and golden brown (a total of 20-30 minutes). Set aside and **lower oven heat to 375 degrees**.

5. To prepare tofu filling, add drained tofu to a food processor with nutritional yeast, hummus, and a heaping 1/4 tsp each sea salt and black pepper. Set aside.
6. Remove veggies from oven, add to a mixing bowl and top with the tofu mixture. Toss to coat, then add to the crust and spread into an even layer.
7. Bake quiche at 375 degrees for a total of 30–40 minutes or until then top appears golden brown and firm. If the crust begins to get too brown, loosely tent the edges with foil.
8. Let cool briefly and then serve with fresh herbs or green onion.
9. Store leftovers loosely covered in the fridge for up to two days. Reheat in the microwave or in a 350 oven.

Notes

*Crust adapted from [Food Network](#)

*Quiche roughly adapted from the [Sprouted Kitchen Cookbook](#)

Nutrition Information

Serving size: 1 slice of 8 Calories: 178 Fat: 8.7g Saturated fat: 1.3g Carbohydrates: 20.1g
Sugar: 2.8g Sodium: 180mg Fiber: 3.8g Protein: 7g

Recipe by Minimalist Baker at <http://minimalistbaker.com/simple-tofu-quiche/>