



Spinach, Mushroom & Onion Quiche

Ingredients

For the crust:

9-inch vegan pie crust (store-bought is fine)

For the filling:

1 cup Just Egg (or any other vegan egg substitute)

1 cup unsweetened almond milk (or any other plant-based milk)

Salt and pepper to taste

For the vegetable filling:

1 tablespoon olive oil

1 small onion, finely chopped

2 cloves garlic, minced

2 cups fresh spinach, chopped

1 cup mushrooms, sliced

Salt and pepper to taste

For the cheese:

1 cup vegan cheese, shredded (such as vegan cheddar or mozzarella)

Instructions

Preheat your oven to 375°F (190°C).

In a large skillet, heat the olive oil over medium heat. Add the chopped onion and garlic, and sauté until softened and translucent, about 3-4 minutes.

Add the sliced mushrooms to the skillet and cook until they release their moisture and become golden brown, about 5-7 minutes.

Add the chopped spinach to the skillet and cook until wilted, about 2-3 minutes. Season the vegetable mixture with salt and pepper to taste. Remove from heat and set aside.

In a mixing bowl, whisk together the Just Egg, almond milk, nutritional yeast, turmeric powder, salt, and pepper until well combined.

Place the vegan pie crust in a pie dish. Spread the cooked vegetable mixture evenly over the bottom of the crust.

Sprinkle the shredded vegan cheese evenly over the vegetable mixture in the pie crust.

Pour the Just Egg mixture over the vegetables and cheese in the pie crust, ensuring that everything is evenly distributed.

Place the quiche in the preheated oven and bake for 35-40 minutes, or until the filling is set and the crust is golden brown.

Once done, remove the quiche from the oven and let it cool for a few minutes before slicing.

Serve slices of the vegan spinach, mushroom, onion, and cheese quiche warm or at room temperature.