

Vegan Spring Quiche

A vibrant and nutritious vegan quiche that captures the essence of spring in Oregon. This quiche features a blend of beans, chickpeas, mushrooms, and spinach, all set in a flaky crust made with a vegan egg substitute.

PREP TIME: 30 minutes

COOK TIME: 45 minutes

FOR THE CRUST:

1 1/2 C all-purpose flour
1/2 t salt

1/2 C vegan butter, chilled and cubed
4-6 T ice water

FOR THE FILLING:

1 T olive oil
1 lg onion, finely chopped
3 cloves garlic, minced
2 C mushrooms, sliced
1 C spinach, chopped
1 C cooked chickpeas
1 C cooked white beans

1 t dried thyme
1 t dried basil
1/2 t turmeric
1/2 t black salt (kala namak)
1/4 t black pepper
1 C Just Egg (vegan egg substitute)

PREPARE THE CRUST:

In a large bowl, combine the flour and salt. Cut in the vegan butter until the mixture resembles coarse crumbs. Gradually add ice water, one tablespoon at a time, until the dough comes together. Form the dough into a disk, wrap in plastic wrap, and refrigerate for at least 30 minutes.

PREPARE THE FILLING:

Preheat the oven to 375°F. Heat olive oil in a large skillet over medium heat. Add the onion and garlic, sauté until softened. Add the mushrooms and cook until they release their moisture and begin to brown. Stir in the spinach, chickpeas, and white beans. Cook until the spinach is wilted. Season with thyme, basil, turmeric, black salt, and black pepper. Remove from heat and let cool slightly. In a large bowl, combine the vegetable mixture with the Just Egg. Mix well.

ASSEMBLE THE QUICHE:

Roll out the dough on a floured surface and fit it into a 9-inch pie dish. Trim any excess dough. Pour the filling into the prepared crust, spreading it evenly. Bake for 45 minutes, or until the filling is set and the crust is golden brown. Let the quiche cool for 10 minutes before slicing and serving.