

# Spinach-Cheese Tofu Quiche

**Yield: 6 Servings**

**Serving Size: 1 Slice**

<b>Ingredient:</b>	<b>Amount:</b>
Eggs, Whole	6
Spinach, Fresh	4 oz
Onions, small diced	2 oz
Cheese, Fresh Shredded	3 oz
Pie Shell, Fresh or Frozen	1 each
Milk	1 cup
Tofu, Firm	8 oz

## **Method of Preparation:**

1. In a food processor (or blender), combine eggs, milk, and Tofu and blend until smooth
2. In a large sauté pan lightly sauté the fresh spinach until slightly wilted
3. Into the pie shell gently spread out the wilted spinach. Pour in the egg-tofu mixture and sprinkle in the onions and cheese
4. Bake for 30-40 minutes in a 350° Oven or until top is lightly browned and egg mixture is completely firmed