

Recipe

Veggie Quiche

By

Madhavi Devi Dasi



Ingredients

- ½ cup cheddar cheese
- ½ cup 4 cheeses (Italian style)
- 1 cup diced red pepper*
- 1 cup diced broccolis flowers
- 1 cup diced cheery tomato
- 1 cup chopped spinach
- 2 tbsp chopped fresh parsley leaves
- ¾ tsp salt
- ½ tsp pepper

- Dash of hing
- 1 tsp dried basil
- ½ tsp turmeric
- 1 cup milk/buttermilk/ or cream

Crust (1- 11" crust)

- 2 cups whole wheat pastry flour or regular flour
- ½ cup oil
- ½ tsp salt

Preparation

To make the crust, mix all ingredients well. Grease the pie/tart baking dish and press the dough to the pie dish. Preheat the oven to 375F and place cheese over the pie shell.

Meanwhile, chop all the vegetables and place them over cheese.

Mix egg replacer with milk/cream very well until smooth. Add turmeric, salt, pepper, hing, and basil. Pour over filling into pie shell. Sprinkle with fresh parsley leaves.

Bake for 30-35 minutes.

*My favorite thing to eat when I first moved to America... it was always a hit when the dorm served quiche! You can use any vegetables you like. I used buttermilk (shown in picture) and it is not as rich as using cream. You may want to add a tbs of melted butter in the milk to make it rich and creamy.

Serves

8-12 slices

For further details please contact

madhavidedasi@gmail.com

www.iskcondesiretree.com

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