

Easy Vegan Quiche with Mushrooms, Spinach, and Cherry Tomatoes

Prep: 15 minutes • Cook: 40 minutes

A silky tofu-based quiche baked in a flaky pie crust, layered with sautéed onions, garlicky browned mushrooms, and tender spinach. Turmeric and a touch of kala namak lend a subtle eggy richness, finished with sweet roasted cherry tomatoes.

Ingredients

- 1 (9-inch) pie shell (vegan; see package for thawing instructions)
- 1 (14 oz) block tofu (extra-firm, drained and pressed)
- 2 tablespoons olive oil
- 1 small onion (diced)
- 8 ounces cremini mushrooms (sliced)
- 3 cloves garlic (minced)
- 3 cups spinach (fresh)
- 1/2 teaspoon turmeric
- 3/4 teaspoon granulated garlic
- 1/2 teaspoon granulated onion
- 1/2 teaspoon salt (more to taste)
- 1/2 teaspoon kala namak (black salt) (optional)
- 2 tablespoons flour (gluten-free or all-purpose)
- 1–2 tablespoons non-dairy milk (unsweetened)
- 1/3 cup cherry tomatoes (cut in half)

Instructions

1. Preheat oven to 375°F (190°C).
2. Prepare the vegan pie shell according to package instructions (thaw if needed).
3. Heat olive oil in a large skillet over medium heat. Add diced onion and sauté 3–5 minutes until softened and lightly browned.
4. Add minced garlic and sauté 30–60 seconds until fragrant and lightly golden.
5. Add sliced cremini mushrooms and sauté 5–7 minutes until softened and browned.
6. Add spinach and cook 1–3 minutes until just wilted; season with a pinch of salt and pepper if desired. Remove from heat and set aside.
7. Break up the pressed tofu and add to a food processor with turmeric, granulated garlic, granulated onion, salt, kala

namak (if using), 1 tablespoon non-dairy milk, and flour. Process about 2 minutes until very smooth, adding up to 1 more tablespoon milk only if needed to get it moving.

8. Transfer the tofu mixture to a mixing bowl and fold in the mushroom–spinach mixture until well combined.

9. Spread the filling evenly into the prepared pie shell. Top with halved cherry tomatoes, pressing them slightly into the filling.

10. Bake 30–40 minutes, until set and golden on top. Cool 10 minutes before slicing and serving.

Tags: Vegan, Breakfast, Brunch, Quiche, Tofu, Mushrooms

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