



Makes one 9-inch quiche
Preparation Time: 40 minutes
Cook Time: 35 minutes

INGREDIENTS:

2 tablespoons extra-virgin olive oil (optional, [learn more](#))

1 medium yellow onion, thinly sliced (about 2 cups)

1 tablespoon white wine vinegar

1¾ cups unbleached all-purpose flour (or white whole wheat flour), plus more for dusting

½ cup almond flour

¼ cup potato flour

1 tablespoon flaxseed meal (preferably golden)

1 teaspoon regular or sodium-free baking powder

6 cups frozen spinach (about 21 oz.)

1 12- to 14-oz. package soft silken tofu, drained

1 cup unsweetened, unflavored plant milk

1 14-oz. can artichoke hearts, drained and coarsely chopped (1½ cups)

½ cup chopped sun-dried tomatoes (not oil-packed)

2 tablespoons nutritional yeast

2 teaspoons finely chopped fresh thyme or 1 teaspoon dried thyme

1 clove garlic, minced

¼ teaspoon freshly ground white or black pepper

Sea salt, to taste

Quiche Florentine with Artichoke Hearts and Sun-Dried Tomatoes

The biggest challenge in making an oil-free quiche is achieving a nice flaky crust. A combination of whole wheat flour, potato flour, and almond flour does the trick here with a little help from [flaxseed meal](#). Nutritional yeast adds cheesiness to the creamy tofu filling while spinach lends green goodness, and artichoke hearts and sun-dried tomatoes punch up the flavor. With the comforting goodness of traditional quiche with a lot less fat, this delectable [heart-healthy quiche](#) is one to add to your weekly rotation and tasty enough for any special occasion brunch.

Tips

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 40 calories, 4 g total fat, and 1.25 g saturated fat per serving.

To make ahead: Completely cool the baked quiche; cover. Store in the refrigerator up to 3 days. When you're ready to eat, bake in a 350°F oven 15 to 20 minutes or until internal temperature reaches 165°F.

From [Forks Over Knives: Flavor!](#)

For more inspiration, check out these tasty ideas:

- [Tofu and Veggie Frittata](#)
- [Scrambled Tofu Casserole with Mushrooms and Spinach](#)
- [Vegan Hash Brown Casserole with Tempeh Crumbles](#)
- [Tortilla Española with Potatoes and Red Peppers](#)

By Darshana Thacker Wendel

- 1 Preheat oven to 375°F. Line the bottom of a 9-inch pie plate with parchment paper.
- 2 For oil-free: In an extra-large nonstick skillet combine onion and ¼ cup water. Cook over medium-low 5 minutes, stirring occasionally. Add vinegar; cook 10 minutes more or until onion softens and starts to brown. Remove from heat. (*If using oil: In an extra-large skillet heat 1 tablespoon oil, then add onion. Cook over medium-low 5 minutes, stirring occasionally. Add vinegar; cook 10 minutes more or until onion softens and starts to brown. Remove from heat.*)
- 3 To make crust: For oil-free, in a large bowl stir together 1½ cups of the all-purpose flour, the almond flour, potato flour, flaxseed meal, and baking powder. Add 1 cup water. (*If using oil: In a large bowl stir together 1½ cups of the all-purpose flour, the almond flour, potato flour, flaxseed meal, and baking powder. Add 1 cup water and remaining 1 tablespoon oil.*) Stir with a spatula until the flour forms clumps. Use your hands to work the dough into a cohesive ball, just enough to bring it together. (Dough will be dry and crumbly.)

- 4 Line a cutting board with plastic wrap, dust with all-purpose flour, and place the dough ball on top. Lightly flour a rolling pin and the top of the dough. Roll dough into an 11-inch disk, dusting the dough or rolling pin with flour as needed to prevent sticking.
- 5 Carefully lift dough circle and place it in the prepared pie plate. Crimp edges of dough with your fingers or the tines of a fork. Bake crust 15 minutes.
- 6 Meanwhile, for filling, put spinach in a strainer and run hot water over it for a few seconds to thaw. Squeeze spinach to wring out as much excess moisture as you can.
- 7 In a large bowl combine tofu, milk, and the remaining $\frac{1}{4}$ cup all-purpose flour; whisk until tofu breaks up and mixture is creamy. Add spinach and the next six ingredients (through pepper); mix well. Season with salt. Spoon filling into the partially baked crust; spread evenly. Scatter cooked onion on top.
- 8 Bake 30 to 40 minutes or until crust is golden brown. Remove quiche from oven. Let rest at least 5 minutes before slicing.