

## Featured Recipe

### Quiche

#### Ingredients:

- 1-2 Tbs. extra virgin olive oil
- 1 cup mixture of:

sliced mushrooms; diced zucchini; broccoli pieces; peas; diced bell peppers; diced asparagus; diced onion; corn; chopped red potatoes; or other vegetable additions of your choosing

- 4 eggs, lightly beaten
- 1 cup sour cream, dairy or non-dairy (Tofutti Better than Sour Cream®)
- 1 cup cheddar cheese, dairy or non-dairy (Galaxy Nutritional Foods® Vegan Cheddar Flavor)
- 2 cups mozzarella, Monterey Jack, or other mild shredded white cheese, dairy or non-dairy (Daiya™ Mozzarella Style Shreds)
- 8-12 oz cooked shrimp, chopped, or crabmeat (optional)
- 1/4 cup Jules Gluten Free™ All Purpose Flour
- 1 tsp. chopped Italian Parsley
- 1 tsp. oregano
- 1 tsp. basil
- pinch of salt
- 1 tsp. cracked black pepper

#### Directions:

Preheat oven to 350° F.

In large pan heat olive oil to medium-high, then sauté vegetables, legumes, mushrooms, or any combination thereof that you choose, cooking potatoes longer than any other addition. Set aside to cool.

Combine eggs, sour cream, cheese, Jules Gluten Free™ All Purpose Flour, salt, pepper and herbs in a large mixing bowl and beat well. Stir in your sautéed ingredients, shredded cheese, and seafood, if using. Pour mixture into a large oiled quiche dish or deep pie plate (the flour helps to form a crust when baked, so no pie crust is necessary), or into an uncooked pie crust (LINK to recipe PDF of pie crust), if you prefer. Depending on how many additions you used, you may need a small casserole prepared to handle the additional batter.

Bake for approximately 45 minutes, or until the center is no longer jiggly, and a knife inserted into the center comes out clean. Cool for 5 minutes before slicing and serving.



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