



SPINACH MUSHROOM QUICHE

Serve each slice with some fresh spring greens for a brunch or lunch idea.



PREP TIME
25 minutes



COOK TIME
15 minutes



BAKE TIME
40 minutes



SERVES
24 (3 pies serving 8 each)

DIRECTIONS

1. Preheat oven to 350°F (180°C). Set three 9 inch (23 cm) deep pie plates onto 2 large baking sheets.
2. Crust: In a large bowl, whisk together all purpose and whole wheat flours, salt and pepper. Stir in oil and Silk until mixture sticks together to form a ball. Divide dough into 3 equal pieces. Using floured hands, press each piece into pie plates evenly onto bottom and sides. Bake for about 10 minutes or until light golden. Set aside to cool.
3. Meanwhile, heat oil in a large skillet over medium heat. Add mushrooms and saute, stirring occasionally for about 10 minutes or until starting to brown. Stir in all but 1 ½ cups (375 mL) of the spinach and cook, stirring for about 3 minutes or until spinach is wilted. Divide mixture among 3 pie crusts. Top each with remaining spinach leaves.
4. In a large bowl, whisk together eggs, Silk, salt, pepper and nutmeg. Pour over mushroom mixture. Bake for 30 to 40 minutes or until puffed and knife inserted in centre comes out clean. Let cool before serving.

TIP: If using frozen blueberries make sure to add them to the batter once ladled onto the griddle to prevent tinting the batter blue.

INGREDIENTS

- 3 tbsp (45 mL) olive oil
 - 1 ½ lb (750 g) sliced mushrooms
 - 6 cups (1.5 L) lightly packed baby spinach, divided
 - 12 large eggs
 - 6 cups (1.5 L) Silk Unsweetened soy or almond beverage
 - 1 ½ tsp (7 mL) salt
 - ¾ tsp (3 mL) pepper
 - ¼ tsp (1 mL) grated nutmeg
- Crust**
- 3 cups (750 mL) all-purpose flour
 - ¼ cup (75 mL) whole wheat flour
 - 1 ½ tsp (7 mL) salt
 - ¾ tsp (3 mL) pepper
 - 1 cup (250 mL) olive oil
 - 9 tbsp (135 mL) Silk Unsweetened soy or almond beverage serving.

Per serving

(1/8th slice of quiche/
about 140 g)

230	calories
15 g	fat
2.5 g	saturated fat
0 g	trans fat
16 g	carbohydrates
2 g	fibre
1 g	sugars
8 g	protein
95 mg	cholesterol
350 mg	sodium
250 mg	potassium
125 mg	calcium
1.75 mg	iron



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