

FRENCH ONION PIE

This 100% plant-based, rich-tasting quiche is beautiful and delicious. The partially baked pie crust and filling can be prepared ahead, then filled and baked the day the pie will be served.

1 uncooked pie shell in a pie plate or 10-inch tart pan

2 Tbs. oil

3 large onions, finely diced

1-1/2 cups plain whole soymilk

1/3 cup + 2 Tbs. firm tofu, mashed with a fork

2-1/4 tsp. sea salt

1/4+ tsp. black pepper

1/8+ tsp. nutmeg

3 Tbsp. unbleached flour

1-1/2 Tbs. couscous

Place a round, slightly oversized piece of baking parchment in the bottom of the uncooked pie crust and cover it with 3/4 cup of dry beans to prevent the crust from bubbling. Partly-bake the crust at 350° for about 15-20 minutes or at 375° for 10-12 minutes. Carefully lift out the parchment and beans after completing the pre-baking. (After pre-baking, you can put the cooled pie dish and crust in a plastic bag and refrigerate a day or two before filling and baking the pie.)

In a skillet saute the onions in oil until they are translucent, stirring occasionally. In a blender whiz the soy milk, tofu, salt, pepper, nutmeg, and flour until the mixture is smooth. Add the contents of the blender to the sauteed onions along with the couscous. Pour the entire mixture into the partly-cooked pie shell. Cover the rim of the pie crust with strips of aluminum foil or pie shields to prevent overbrowning. Bake in a preheated oven at 350 ° for about 35-45 minutes, or until the top is lightly browned.

Note: If a bacon flavor is desired, toss 2 tablespoons of soy-based baco-bits on bottom of pie shell before filling with onion mixture.

Adapted by Kay Bushnell from Ron Pickarski's *Friendly Foods*.