Asparagus Quiche
6 – 8 Servings

Crust:
¾ cup Flour, white
¾ cup Flour, whole wheat pastry
¼ tsp. Salt
½ tsp. Baking powder
1 tsp. Dill
3 T. Oil, light, like safflower
3 to 4 T. Water, cool

1. Combine dry ingredients in a medium bowl.
2. Mix together the wet ingredients and pour into the center of the dry ingredients.
3. Fold in until just combined.
4. Pat into a flat disk and roll into a thin round shape; place in pie plate and decorate edges.

Filling:
1-20 oz block Tofu, drained of all excess liquid, squeezed dry with paper towels
2 T. Olive oil
1 T. Vinegar, balsamic
1 T. Lemon juice, fresh, or rice vinegar
2 tsp. Miso, mellow white
½ tsp. Salt
¼ tsp. Pepper
1 medium Maui or Ewa Onion, finely chopped
½ cup Red bell pepper, chopped
1 cup Hamakua Mushrooms, fresh, sliced
2 cloves Garlic, minced
½ lb. Asparagus, fresh, trimmed to ~ 4” pieces
  cut trimmed stalks into 1/2” pieces for stir fry
1 T. Parsley, fresh, chopped
1 tsp. Italian seasoning

1. In a food processor, combine the tofu, 1 tbsp. oil, vinegar, miso, salt, pepper. Process until smooth and creamy. Transfer to a medium bowl.
2. Sauté the vegetables (except the asparagus spears, and reserve ~8 slices of Shiitake mushroom for decoration) in a no-stick sauté pan with remaining 1 tbsp. olive oil.
3. When the vegetables begin to soften, add in the fresh parsley and Italian seasoning. Cook 1 minute more to release flavors.
5. Add the cooked vegetables to the tofu mixture and mix well.
6. Smooth into the pie crust and decorate the top with asparagus spears (in a wheel design with Shiitake mushroom slices in between). Brush a little olive oil over the spears to keep them from drying out during the baking process.
7. Bake at 350° for about 35 minutes, or until the filling is firm to touch, and crust is lightly browned.
8. Serve warm or at room temperature.

• This is a great way to be creative with tofu! Used instead of eggs, tofu is great used as a filling for quiche. An eye-catcher, great for a party or special someone. Tasty as leftovers- for those who love cold pizza or pasta - try this one cold as well!

• Chef’s tips: Mrs Cheng’s firm nigari tofu or Hinoichi Extra-Firm tofu have a good texture that is not too soft and wet.

• Whole wheat pastry flour is available at local health food stores in their bulk section.