



SPINACH QUICHE

LACTOSE FREE
6 SERVINGS
PREP TIME: 10 MINUTES
COOK TIME: 40 MINUTES

WHAT YOU'LL NEED

- 6 eggs
- $\frac{1}{3}$ cup unsweetened milk alternative
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{8}$ tsp. garlic powder
- $\frac{1}{8}$ tsp. freshly ground black pepper
- 4 oz. **Vevan Ched-Shred**
- 1 cup coarsely chopped fresh baby spinach
- $\frac{1}{3}$ cup chopped fresh bell peppers (optional)
- $\frac{1}{2}$ cup cooked ham chopped (optional)
- 1 prepared 9-inch pie crust

HERE'S HOW

- Heat oven to 375°F.
- In large bowl, whisk together eggs, milk alternative, salt, garlic powder and pepper. Stir in Vevan Ched-Shred, spinach and optional fillings, if desired. Pour mixture into pie crust.
- Bake 40 minutes or until center is completely set. Let cool for 5-10 minutes before slicing and serving.

Note: A deep dish pie crust may require a longer cooking time.

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