## Asparagus and Mushroom Quiche with a Brown Rice Crust

## Adopted from: https://blog.fatfreevegan.com/tag/gluten-free/page/2

**[[](https://blog.fatfreevegan.com/tag/gluten-free)](https://blog.fatfreevegan.com/tag/gluten-free)**

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**[[](https://blog.fatfreevegan.com/tag/sugar-free)](https://blog.fatfreevegan.com/tag/sugar-free)**

[Brown rice makes a crispy, chewy crust that makes this quiche more satisfying without adding refined flours and fat.](https://blog.fatfreevegan.com/tag/sugar-free)

[Prep Time 30 minutes](https://blog.fatfreevegan.com/tag/sugar-free)

[Cook Time 1 hour](https://blog.fatfreevegan.com/tag/sugar-free)

[Total Time 1 hour 30 minutes](https://blog.fatfreevegan.com/tag/sugar-free)

[Servings](https://blog.fatfreevegan.com/tag/sugar-free)[4](https://blog.fatfreevegan.com/2008/03/asparagus-and-mushroom-quiche-with.html)

 Author [**Susan Voisin**](https://blog.fatfreevegan.com/about-me)

### Ingredients

* ▢ 12 ounces [**firm or extra-firm silken tofu**](https://amzn.to/2G2Nuyl) *see notes*
* ▢ 1/4 cup plain soy milk
* ▢ 2 tablespoons [**nutritional yeast**](https://blog.fatfreevegan.com/2011/10/what-the-heck-is-nutritional-yeast.html)
* ▢ 1 tablespoon cornstarch
* ▢ 1 teaspoon tahini
* ▢ 1/2 teaspoon onion powder
* ▢ 1/4 teaspoon turmeric
* ▢ 3/4 teaspoons salt
* ▢ 2 cups cooked brown rice
* ▢ 1 tablespoon [**vegan parmesan**](https://blog.fatfreevegan.com/2011/08/skillet-eggplant-and-lentils-with-almond-parmesan.html) *optional*
* ▢ freshly ground pepper *to taste*
* ▢ 1 bunch asparagus *about 12 ounces*
* ▢ 1/4 cup shallots *minced*
* ▢ 1 clove garlic *minced*
* ▢ 1 heaping cup *about 4 ounces sliced mushrooms*
* ▢ 1/2 red bell pepper *chopped*
* ▢ olive oil spray *if needed to prevent sticking*

### Instructions

* Preheat oven to 350. Put first 8 ingredients (tofu through salt) into blender. Puree until completely smooth, stirring a couple of times between blending.
* Mix rice with 3 tablespoons of the tofu mixture and the vegan parmesan (optional). Add freshly ground black pepper to taste. Unless you are using a non-stick pie pan, spray with cooking spray or quickly wipe with canola oil, and press the rice into the bottom and up the sides of the pan.
* Bake for 8 minutes. Remove from oven.
* Snap the tough ends off the asparagus and discard. Cut off the top 3 inches and set aside. Chop the remaining stalks into 1/2-inch pieces.
* Heat a medium non-stick saucepan. Sprinkle in a few drops of water, add the shallots and cook for about 1 minute. Add the garlic, asparagus, and two tablespoons water. Cover and cook for 2 minutes. Add the mushrooms, bell pepper, and 2 more tablespoons water. Cover and cook 2 more minutes. Remove cover, sprinkle with salt and pepper to taste, and cook, stirring, for a minute or two until most liquid has evaporated. Separate out the asparagus tips from the rest of the vegetables. (NOTE: Next time I will not pre-cook the asparagus tips; they should cook well enough in the oven.)
* Spread the vegetables (excluding the asparagus tips) on top of the rice crust. Pour the remaining tofu mixture over the vegetables, stirring lightly to distribute it through the vegetables. Arrange the asparagus tips over the top.



* Bake for 60 minutes. Let cool for about 10 minutes before cutting (this helps make the quiche slice more cleanly, but if you don’t care about that, go ahead and dig in; we did!)

### Notes

Tip: Make this lower in fat by using lite silken tofu and fat-free soy milk: 200 Calories (kcal); 2g Total Fat; (10% calories from fat); 11g Protein; 34g Carbohydrate; 0mg Cholesterol; 485mg Sodium; 4g Fiber.