



Caramelized Onion Quiche

Yield: 4-1/2 cups mixture (one 9-inch quiche)

1 9-inch *par baked pie shell

*puncture and pre-bake pie shell for 8-10 minutes in preheated 375 degree F. oven. The egg mixture cooks in shorter time than traditional eggs necessitating a par baked pie shell

4 cups	Peeled and sliced Onions
2 Tablespoon.	High heat sunflower oil (or oil of choice)
1/2 teaspoon.	Salt

1. Preheat oven to 375 degrees F. pan on medium low heat and pour in oil
2. Add onions and salt. Stir and let slow sauté stirring about every 4-5 minutes until golden brown. Set aside.
3. Note: 4 cups sliced raw onions equals about 1 cup caramelized onions.

9 tablespoon. (packed tight). (3 oz.)	Basic "Egg Style" Quick Mix
2 cups & 10 tablespoon.	Cold Water
3 tablespoon.	Warm Vegan Butter (i.e. Earth Balance) or
Veg. Oil	
1/2 cup	Shred. Mozzarella – Daiya or cheese of choice
6 tablespoon.	Chopped Parsley
2 teaspoons.	Onion powder

1. Pour dry mix into mixing bowl, add cold water and mix until evenly incorporated. Let set for 5 minutes.
2. Add Cheese, parsley, onion powder, vegan butter/oil, and caramelized onions to egg mixture and mix until evenly dispersed.
3. Pour mixture into par baked pie shell and bake for 30 minutes in 375 degree F. oven or until quiche is firm to touch.

Serve hot or refrigerate until ready to serve and reheat.