



**Our soybean checkoff.**  
*Effective. Efficient. Farmer-Driven.*

## **Tofu Quiche**

1 ready-to-use 9" deep-dish pie crust  
1 pkg (12.3 oz.) tofu, extra firm, silken style  
2 eggs  
1/3 cup soy milk, plain  
1/2 tsp oregano, crushed  
1/4 tsp garlic, minced  
1/2 cup onion, chopped  
2 tsp bacon flavored bits (Bac-Os)  
1/4 tsp salt  
1 Tbs soy flour

Preheat oven to 400°F. Place pie crust in middle of oven and bake for 10 minutes. Remove from oven. Reduce oven to 350°F. While the pie crust is baking, combine the rest of the ingredients in a bowl and blend well. Pour mixture into baked pie crust. Bake in oven at 350°F for 35-40 minutes. Let stand for 10 minutes. Serves 6.

*Yield: 8 slices. Per slice: 154 calories, 8.9 g fat (1.9 g sat fat), 46 mg cholesterol, 256 mg sodium, 12.7 g carbohydrate, 6.5 g protein (5.2 g soy protein), 1 g dietary fiber.*