



Egg-Free Quiches with Roasted Pepper & Basil

Quiche makes great brunch food fare, but these egg-free minis are fantastic anytime, for snacks, supper, breakfast, or tucked into your lunch bag. The possibilities for fillings are vast: vegetables, herbs, spices, cheeses, leftovers—you name it.

From *The Chickpea Cookbook* by Camilla V. Saulsbury, Lake Isle Press, 2015

INGREDIENTS

3 tablespoons olive oil, plus more for tin
2 1/2 cups (300 grams) chickpea flour
3 cups water
2 teaspoons fine sea salt
2/3 cup chopped roasted red bell peppers (from a jar, drained)
1/3 cup chopped fresh basil leaves
1 clove garlic, minced

Makes 12 mini quiches



PREPARATION

Preheat the oven to 500°F. Grease the cups of a 12-count standard muffin tin with oil.

In a large bowl, whisk the flour, water, 3 tablespoons oil, and salt until blended and smooth. Stir in the bell peppers, basil, and garlic.

Divide the batter evenly among the prepared cups.

Bake for 12 minutes. Crack open the oven door (to release steam). Close the door and bake for 10 to 15 minutes longer, until golden brown. Transfer the pan to a wire rack and cool for 15 minutes. Carefully remove the quiches from the pan. Serve warm or let them cool completely before serving.

VARIATIONS

Full-Size Quiche: Pour the batter into a greased 9-inch pie plate. Bake for 30 to 35 minutes.

Broccoli Cheddar Mini Quiches: Replace the red bell peppers with an equal amount of finely chopped cooked (e.g., steamed or sautéed) broccoli florets. Omit the basil and add 3/4 cup shredded sharp Cheddar cheese (omit for vegan version, or use nondairy vegan Cheddar cheese) and 1/8 teaspoon ground nutmeg.

Green Chile Mini Quiches: Replace the red bell peppers with 1 (4.5-ounce) can diced mild green chiles (drained). Omit the basil and add 1 teaspoon ground cumin.

Storage tip

Store the cooled quiches in an airtight container in the refrigerator for up to 1 week. Alternatively, store them in an airtight container and freeze for up to 1 month. Let the frozen quiches thaw at room temperature for about 1 hour or microwave on high for 1 to 2 minutes.