

TOFU SPINACH QUICHE*Pastry***Imperial (Metric)**

1 lb (1/2 kilo) wholewheat flour
 4 1/2 tablespoonsful vegetable oil
 Pinch of sea salt
 A little cold water

American

4 cupsful wholewheat flour
 6 tablespoonsful vegetable oil
 Pinch of sea salt
 A little cold water

1. Combine the ingredients, and knead the dough into a cohesive ball.
2. Roll out the pastry on a floured board and press it into a greased pie dish.

*Filling***Imperial (Metric)**

2 onions, diced
 1/4 pint (150ml) vegetable oil
 2 tablespoonsful chopped parsley
 2 tablespoonsful dill weed
 1 1/2 cupsful chopped and cooked
 spinach or
 2 (10 oz) packets frozen spinach
 Sea salt to taste
 1 lb (1/2 kilo) tofu
 4 tablespoonsful soymilk (if
 necessary)

American

2 onions, diced
 3/4 cupful vegetable oil
 2 tablespoonsful chopped parsley
 2 tablespoonsful dill weed
 2 cupsful chopped and cooked
 spinach or
 2 (10 oz) packets frozen spinach
 Sea salt to taste
 2 cupsful tofu
 1/4 cupful soymilk (if
 necessary)

1. *Sauté* the onions in oil until they are transparent.
2. Add the dill weed, parsley, spinach (defrosted) and salt and mix them in well.
3. Blend the tofu in a liquidizer with the soymilk if it is difficult to blend on its own. (You might also put the parsley into the blender to chop it up more easily.)