Kale Mini Quiches

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay Nixon

Serve these vegan mini quiches for breakfast or brunch!

About the Recipe

140 Calories · 9 g Protein · 5 g Fiber
Breakfast
Gluten-free · Nut-free

To make this a nut-free recipe, be sure to choose soy milk or another nut-free plant milk.

Ingredients

Makes 4 Servings

- 2 c (248 g) diced vegetables, such as onions, peppers, tomatoes, zucchini, broccoli, and mushrooms
- 1 c (21 g) kale, stemmed and chopped
- 1 c (92 g) garbanzo bean flour
- 1/2 c (120 mL) low-fat plant milk of choice
- 1/3 c (80 mL) low-sodium vegetable broth or water
- 2-3 tbsp (45 mL) chopped fresh herbs, such as basil, chives, or parsley
- 2 tbsp (30 mL) nutritional yeast
- 1 tbsp (15 mL) Dijon mustard
- 1/2 tsp (2.5 mL) Italian seasoning or garlic powder
- 1/4 tsp (1.2 mL) iodized salt
- 1/8 tsp (0.6 mL) paprika or cayenne pepper

Directions

1. Preheat the oven to 475 F (246 C). Pour the vegetable broth or water into a separate skillet on medium-high heat. Add the diced vegetables and cook until desired tenderness. Add the kale, and stir until it appears bright green and the excess liquid cooks off. Season with salt and pepper. Set aside.
2. Mix the remaining ingredients (garbanzo bean flour, plant milk, fresh herbs, nutritional yeast, Dijon mustard, and seasoning) together into a batter.
3. Mix the cooked kale and diced vegetables into the batter.
4. Pour the mixture into a muffin pan.
5. Bake 10 minutes at 475 F (246 C). Reduce the heat to 450 F (232 C) and bake another 3-7 minutes, or until tops are golden and firm to the touch.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 144 kcal
Fat: 2.5 g
    Saturated Fat: <0.5 g
    Calories From Fat: 15%
Cholesterol: 0 mg
Protein: 9 g
Carbohydrates: 17 g
Sugar: 4 g
Fiber: 5 g
Sodium: 284 mg
Calcium: 75 mg
Iron: 2.2 mg
Vitamin C: 17 mg
Beta-Carotene: 362 mcg
Vitamin E: 0.6 mg