

# Carrot-Tofu Quiche

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## Ingredients:

4 cups of sliced carrots.  
2 cups of tofu, mashed.  
¼ cup of water, from the carrots.  
1 teaspoon of sea salt.  
1 small onion, minced.  
½ teaspoon of dill seed.  
2 tablespoons of chopped parsley.  
1 whole wheat pie crust.  
2 tablespoons of sesame seeds.

## Preparation:

Steam the carrots until they are tender.

Blend together the tofu, water and salt. Use enough water to obtain a thick, creamy consistency like that of mayonnaise (the amount of water needed varies depending on the moisture content of the tofu).

Add the minced onion, dill and chopped parsley to the tofu cream. Mix thoroughly.

Spread the tofu-carrot mixture over the crust in a 7-inch by 11-inch baking dish.

Sprinkle with sesame seeds and bake at 350°F (175°C) for 40 minutes or until set.