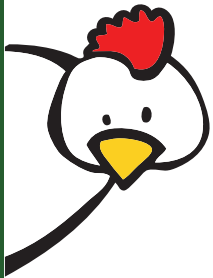


# MEATLESS MONDAY

"One day a week, cut out meat"

# rainbow foods



## Gluten Free Asparagus Onion Quiche

Rich in vitamin C and K, and folate, asparagus is one of the most nutritious vegetables around. This recipe is simple to prepare and a delight for dinner. Also delectable cold, it can be the star of your next picnic!

### Ingredients:

2 tablespoons grapeseed oil  
2 medium red onions, thinly sliced  
4 cups asparagus  
1 clove garlic, thinly sliced  
3 large eggs, whisked  
1.5 cups freshly grated cheddar cheese (optional)  
1/2 teaspoon sea salt  
1 tablespoon finely chopped fresh basil (or parsley)

### Instructions:

Preheat oven to 350F. Heat oil in a large skillet over medium heat. Sauté the onions for 8 to 10 mins, until soft and translucent. While the onions are sautéing, steam the asparagus until it is bright green. Add the steamed asparagus along with garlic to the onion. Sauté for 10 mins, until asparagus is almost tender.

In large bowl, combine eggs, cheese, salt and basil. Stir in the sautéed veggies, then pour the mixture into the crust. Bake for 30-35 mins, until browned around the edges and cooked through.

### Savoury Pie Crust (Makes one 9.5 inch crust)

This gluten-free, dairy-free almond flour crust adds extra nutrition to your favourite quiche recipe. I often use parsley in place of the scallions for this crust.

### Ingredients:

1.5 cups blanched almond flour  
1/2 teaspoon sea salt  
1 tablespoon minced scallions  
1/4 grapeseed or other oil  
1 tablespoon water

### Instructions:

Preheat oven to 350 F. In a large bowl, combine the almond flour, salt, baking soda and scallions. In a medium bowl, whisk together the oil and water. Stir in the wet ingredients into the almond flour mixture until thoroughly combined. Press the dough into 9 1/2 inch or deep dish pie pan.

Bake for 12 to 15 mins, until golden brown. Remove from oven and let cool completely before filling.

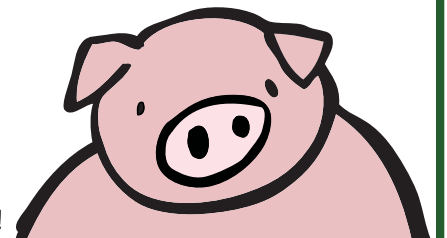
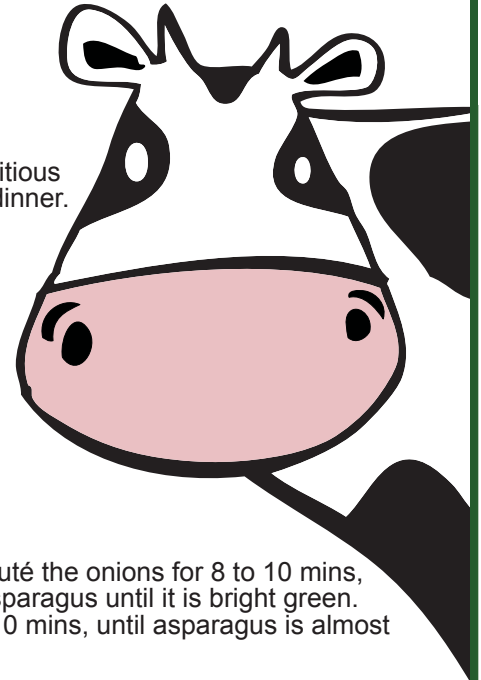
## Whose recipe is this?:

**Name:** Sahaj Durnin

**Department:** HR Supervisor

**How long have you been at Rainbow Foods?:** 2.5 years

**Why did you choose this recipe?:** Sahaj's favourite. From the Gluten-free Almond Flour Cookbook by Elana Amsterdam.



MM - JA23

Read your food labels every time if you have allergies or diet restrictions!

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