

Miso Mushroom Quiche

Ingredients

Miso Sauce

6	Tbsp	Shiro Miso
7	Tbsp	Mirin
4	Tbsp	Sugar

Filling

8		Eggs
16	oz	Spinach, blanched
10		mushrooms, shiitake
1	small	onion, red, julienned
4	oz	Almond milk or half&half
		Salt & pepper to taste

Crust

Regular or phillo dough

Directions

Pre-heat oven to 375. Whisk egg, cream, salt & pepper, add veggies. Top with miso sauce. Bake for about 30 mins. Crust of choice, or none. Can be made in pie pan or in cupcake pan with phillo dough