

Alsatian Onion Pie

Contributed by
Sunday, 04 May 2008

2 Tbsp. oil

3 large onions, finely diced

1 cup soy milk

1/3 cup firm tofu, crumbled

1½ tsp. sea salt

¼ tsp. black pepper

1/8 tsp. nutmeg

2 Tbsp. unbleached flour

1 Tbsp. couscous

1 whole wheat pie shell in a 10-inch tart pan

Preheat oven to 350 degrees F. Saute onions in oil until translucent and soft. Whisk soy milk, tofu, salt, pepper, nutmeg, and flour until smooth. Mix onions, soy milk mixture, and couscous. Pour all into prepared pie shell. Bake for about 30 minutes.