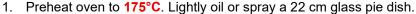
Black Bean & Cheese Quiche

Serves 3

- Extra-virgin olive oil 15 ml (1 T)
- Red bell pepper 1 medium (120 g), chopped
- Red onion 80 g (½ medium), thinly sliced
- Tomato 80 g (½ medium), chopped
- Ground cumin ¼ tsp
- Dried oregano ½ tsp
- Smoked paprika ½ tsp
- Cayenne pepper 1/8 tsp (reduced for milder heat; optional)
- Kevala coconut aminos 1 tsp (instead of salt)
- Eggs 5 large
- 7-11 糖質 75%オフ調整豆乳 120 ml (½ C) (For more richness, whisk in 1 T Greek yogurt)
- Cheddar or gouda cheese 60 g shredded (½ C), divided
- Canned black beans, no-salt-added 1 can (425 g, drained =240 g), rinsed well



- Heat olive oil in a skillet over medium heat. Add chopped bell pepper and cook 5–6 minutes, stirring
 occasionally, until starting to soften. Add sliced red onion and cook another 4–5 minutes until lightly
 browned and tender.
- 3. Stir in tomato, cumin, oregano, smoked paprika, cayenne, and coconut aminos. Cook 2–3 minutes until liquid reduces and fragrant. Let cool slightly.
- 4. In a medium bowl, whisk eggs, soy milk, and ½ the cheese until well combined. Fold in black beans and the cooled vegetable mixture. Pour into prepared pie dish.
- 5. Sprinkle the remaining **cheese** on top.
- 6. Bake 40–45 minutes, until quiche is set and edges are golden. Let stand 10 minutes before slicing. Serve warm.

Nutrition (per serving, 1/3 of pie)

Kcal: 05 kcalProtein: 19 g

• **Fat**: 16 g

Sat. Fat = 6 g

Carbs: 20 g

Sugars = 5 g

• **Fiber**: 6 q

• **Sodium:** 330 mg (mostly from cheese & coconut aminos)

Omega-3: 0.2 g

Tokyo Ingredient Notes

- **Cheese:** Shredded **cheddar** or **gouda** work well gouda gives creaminess, cheddar gives more bite.
- Coconut aminos replaces salt keeps sodium much lower than the original recipe.
- **Soy milk (tonyu)** works fine as the only liquid. If you want a more "custardy" texture, whisk in 1 Tbsp Greek yogurt with the eggs.
- Black beans: Common canned versions here have added salt best to rinse thoroughly.

Tips for freezing this quiche:

- Cool completely before wrapping.
- Slice into wedges, wrap each in plastic + foil (or airtight freezer bags).
- Freeze up to 2 months.
- To reheat: thaw overnight in fridge, then warm in toaster oven at ~160°C (10−12 min) until heated through.

