

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 – ⅛ 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
1. Preheat oven to **175°C**. Lightly oil or spray a 22 cm glass pie dish.
 2. 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 kcal
- **Protein:** 19 g
- **Fat:** 16 g
 - Sat. Fat = 6 g
- **Carbs:** 20 g
 - Sugars = 5 g
- **Fiber:** 6 g
- **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.