

Spinach & Cheese Quiche

w/ Sweet Potato Pie Crust

Ingredients

SWEET POTATO CRUST

- 3 1/2 cups shredded sweet potatoes
- 1 egg white
- 1 tablespoon flour/cornstarch
- 2 teaspoon olive oil
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper

QUICHE FILLING

- 2 green onion, sliced thin
- 1 cup of your favorite veggies, peppers, mushrooms, etc.
- 2 1/2 cups baby spinach
- 4 eggs
- 3 egg whites



- 3/4 cup low fat milk
- 3/4 cup shredded Gruyere or Swiss cheese
- 1/2 cup shredded sharp cheddar cheese
- Salt and ground black pepper to taste

Directions

SWEET POTATO CRUST

1. Preheat oven to 425 degrees. Spray a 9 inch cast iron skillet with cooking oil.
2. Place the shredded sweet potatoes in a bowl of water and toss around to release some of the starch.
3. Drain and place the sweet potatoes in a clean towel and squeeze out any excess liquid.
4. Place the sweet potatoes back in the bowl, add in the oil, egg white, flour, salt and pepper and toss until coated.
5. Dump the sweet potato mixture into the prepared skillet and press into an even layer along the bottom and up the sides.
6. Bake for 20-25 minutes or until golden.
7. Remove from the oven and add in the quiche filling.

QUICHE FILLING

1. Lower the oven temperature to 375 degrees.
2. Heat a 9 inch cast iron skillet or other ovenproof skillet over medium heat.
3. Use meat of your choice. Cook until crisp then drain it on a plate lined with paper towels.
4. Remove the excess grease from the skillet, but don't wipe clean.
5. Add the green onions (with any of your favorite veggies) and spinach to the skillet and sauté until the spinach is wilted.
6. Remove the spinach and onions from the skillet and onto the plate with the bacon.
7. Once the spinach has cooled enough to handle, squeeze out any excess liquid.
8. In a large bowl whisk together all of the filling ingredients reserving 1/4 cup of the shredded cheeses.
9. Pour the filling into the baked sweet potato crust and top with the remaining 1/4 cup of cheese.
10. Place the quiche in the oven and bake for 35-40 minutes or until the filling is set and the top is golden.
11. Remove from the oven and let it rest for 5-10 minutes before serving.

NUTRITION INFORMATION:

YIELD: 6 SERVING SIZE: 1 *Amount Per Serving:*

CALORIES: 483	TOTAL FAT: 25g	SATURATED FAT: 12g	TRANS FAT: 0g
UNSATURATED FAT: 10g		CHOLESTEROL: 184mg	SODIUM: 906mg
CARBOHYDRATES: 39g	FIBER: 5g	SUGAR: 13g	PROTEIN: 27g