



Spinach and Feta Quiche with Sweet Potato Crust

This is a great recipe for brunch, dinner and/or breakfast. It doesn't take much time and it tastes AMAZING! It also works quite well as a meal-prep dish.



What you'll need:

- Cooking spray
- 2 medium **sweet potatoes**, peeled and thinly sliced
- 1 **tablespoon** olive oil
- 1/2 **cup** diced **yellow onion**
- 5 **ounces** of fresh (or frozen) **spinach**
- 1/2 **cup** low-fat (or whole) **milk**
- 1/4 **teaspoon** of each:
 - kosher **salt**
 - ground **black pepper**
 - crushed **red pepper**
- 4 large **eggs**
- 2 large **egg whites**
- 1/3 **cup** crumbled **feta cheese**





Directions:

1. **Preheat** oven to 350°
2. **Coat** 9-inch pie plate with cooking spray
3. **Layer** sweet potatoes in overlapping concentric circle on bottom and up the sides



4. **Coat** potatoes with cooking spray
5. **Bake** in preheated oven for 20 minutes (until potatoes are slightly tender)
6. **Remove** from oven and place on wire rack
7. **Increase** oven temperature to 375°
8. **Heat** a skillet over medium heat; add oil and onion; sauté for 3 minutes; add spinach; sauté for 3 more minutes; remove from heat and set aside.
9. **Combine** milk and the rest of the ingredients (EXCEPT feta cheese) in a bowl and whisk until blended.
10. **Arrange** spinach mixture on the potatoes



11. **Pour** egg mixture over spinach.





12. **Sprinkle** with feta and bake for 35 minutes (until egg mixture is set)



13. **Remove** from oven and let stand for 5 minutes
14. **ENJOY!**

Nutrition Info:

Serves 4 (serving size is 2 wedges)

Calories: 203

Fat: 9 g

Protein: 13 g

Carbs: 18 g

Sugar: 6 g (no added sugar)

Sodium: 393 mg

Additional suggested ingredients:

Fresh or sun-dried **tomatoes**

Cooked, crumbled **turkey bacon**

Garlic

