

SWEET POTATO CRUST QUICHE

(adapted from Cooking Light magazine)

2 medium sweet potatoes
a few sprays of coconut oil
1 (5-ounce) bag baby spinach
1/2 cup full-fat milk
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
dash of freshly ground nutmeg
1/4 teaspoon crushed red pepper
4 large eggs
2 large egg whites
1.5 ounces feta cheese, crumbled

Heat the oven to 350°, then peel and slice sweet potatoes. Coat a pie dish with coconut cooking spray, then fill the bottom of the dish with a layer of sweet potato slices. Once the entire dish is filled, spray one more time with cooking spray and season lightly with salt. Bake for 20 minutes. Turn heat up to 375°.

For the filling, heat a nonstick skillet over medium heat. Add spinach; sauté 3 minutes. Remove from heat; cool. Combine milk with all the spices and eggs in a bowl, stir well with a whisk. Arrange spinach mixture in crust; pour egg mixture over spinach. Sprinkle with feta. Bake at 375° for 35 minutes. Let stand for at least 10 minutes; cut into wedges.