

## **SWEET POTATO CRUST QUICHE WITH ASPARAGUS AND FENNEL** *(inspired by The Wimpy Vegetarian)*

2 tablespoons olive oil  
2 sweet potatoes, peeled, sliced thin  
olive oil spray for potatoes  
kosher salt (about 1 teaspoon total)  
freshly ground pepper to taste  
1 cup thinly sliced asparagus plus a few stalks left whole for decoration  
1 large fennel bulb, diced  
4 large eggs  
2 egg whites  
1/2 cup half-and-half  
1/2 cup milk  
1 teaspoon mustard powder  
1/4 cup Gruyere cheese  
nutmeg to taste

Heat oven to 400°F.

Coat a pie dish with the sliced potatoes, and spray a good amount of olive oil over the slices. Make sure to do a nice layer all around the edges coming up above the rim of the plate. Season lightly with salt. Place in the oven until the potatoes start to get some color, about 12 minutes. Reserve and lower the oven to 350 F.

Heat 2 tablespoons oil in a skillet over medium-high heat. Add the asparagus and fennel, season with salt and pepper, and sauté until just tender, about 8 minutes; set aside. Place the whole stalks in a microwave safe dish with a little water, microwave for 30 seconds. Reserve.

Whisk eggs, egg whites, half-and-half, milk, mustard powder, half teaspoon salt and pepper in another large bowl. Spread the sauteed asparagus and fennel evenly on top of the sweet potato crust. Sprinkle the cheese on top of the vegetables. Pour the egg mixture over it all. Place the stalks of asparagus carefully on top. Grate fresh nutmeg across the top just before sliding into the oven.

Bake until quiche is set and crust is well browned, about 30 minutes, but check after 25 minutes in the oven. It should just jiggle lightly at the center. Let cool to room temperature before cutting into wedges.