

WOW!

TRY THIS:

Sweet Potato Crust Quiche

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SPINACH AND FETA QUICHE WITH SWEET POTATO CRUST

Active: 24 min. Total: 1 hr. 10 min.

The simple, scalloped shell made from thinly sliced rounds of sweet potatoes makes this version of a popular brunch (or supper) dish gluten-free. Choose potatoes with comparable diameters to create uniform slices for the easy-to-make crust. A mandoline makes slicing quick and precise, but a sharp chef's knife will work too. You can also slice the potatoes in the food processor using the slicing blade.

Cooking spray

- 2 medium sweet potatoes, peeled and cut into $\frac{1}{8}$ -in.-thick slices
- 1 tsp. canola oil
- $\frac{1}{2}$ cup sliced onion
- 1 (5-oz.) bag fresh baby spinach
- $\frac{1}{2}$ cup 1% low-fat milk

- $\frac{1}{4}$ tsp. kosher salt
- $\frac{1}{4}$ tsp. freshly ground black pepper
- $\frac{1}{4}$ tsp. crushed red pepper
- 4 large eggs
- 2 large egg whites
- 1.5 oz. feta cheese, crumbled (about $\frac{1}{3}$ cup)

1. Preheat oven to 350°F.
2. Coat a 9-inch pie plate with cooking spray. Layer sweet potatoes in slightly overlapping concentric circles on bottom and up sides of plate, cutting slices in half to fit (rounded side up) around the sides. Coat potatoes with cooking spray. Bake in preheated oven for 20 minutes or until potatoes are slightly tender. Place pan on a wire rack. Increase oven temperature to 375°F.

3. Heat a large nonstick skillet over medium. Add oil and onion; sauté 3 minutes. Add spinach; sauté 3 minutes. Remove from heat; cool.
4. Combine milk and next 5 ingredients (through egg whites) in a medium bowl; stir with a whisk. Arrange spinach mixture in crust; pour egg mixture over spinach. Sprinkle with feta. Bake at 375°F for 35 minutes or until egg mixture is set. Let stand 5 minutes; cut into 8 wedges.

👉 SERVES 4 (serving size: 2 wedges)

CALORIES 203; **FAT** 8.7g (sat 3.5g, mono 3.2g, poly 1.4g); **PROTEIN** 13g; **CARB** 18g; **FIBER** 3g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 197mg; **IRON** 3mg; **SODIUM** 393mg; **CALC** 177mg

—Recipe by Rebecca Longshore

Try adding some roasted garlic, sliced sun-dried tomatoes, or roasted red bell pepper for added flair.

