

K's Kitchen: Sweet potato crust quiche

By Kathryn Reed

Crusts are one of those things that often keeps people from making pies or quiches. This recipe will make you rethink that dreaded crust.

Not only is this easy, but it's healthier than most crusts.

The best thing for cutting the sweet potatoes would be a mandolin. I'm still struggling to figure out how to use mine, so the slices were not all uniform. It didn't matter. But you will want them to be a similar thickness and not even a quarter inch thick.

The flavor of this quiche is outstanding. It's a medley in the mouth with the sweetness of the potatoes, the tanginess of the cheese and the smooth, richness of the egg-spinach concoction.

Don't reserve this just for breakfast. It's good for lunch and dinner, too. And reheated, just as good as fresh out of the oven.



Sweet Potato Crust Quiche

Cooking spray

2 medium sweet potatoes, peeled and cut into thin slices

1 tsp canola oil

$\frac{1}{2}$ C onion, diced

5 ounces baby spinach

$\frac{1}{2}$ C milk

$\frac{1}{4}$ tsp kosher salt

$\frac{1}{4}$ tsp pepper

$\frac{1}{4}$ tsp red pepper flakes

4 large eggs

2 large egg whites

$\frac{1}{3}$ C feta cheese, crumbled

Preheat oven to 350 degrees.

Coat a 9-inch pie plate with cooking spray. Layer sweet potatoes in plate – on the bottom and sides. Coat potatoes with cooking spray. Bake 20 minutes or until potatoes are slightly tender. Remove from oven.

Increase oven temperature to 375F.

Over medium heat sauté onion in oil until opaque. Add spinach. Cook until wilted.

Combine milk and next 5 ingredients (through egg whites) in a medium bowl.

Arrange spinach mixture in crust, then pour egg mixture over spinach. Sprinkle with feta. Bake for 35 minutes or until egg mixture is set. Let stand 5 minutes before serving.