



Spinach Quiche with Sweet Potato Crust

4 servings
50 minutes

Ingredients

- 1 Sweet Potato (sliced into thin rounds)
- 3/4 tsp Coconut Oil
- 7 Egg
- 3 Garlic (cloves, minced)
- 8 stalks Green Onion (chopped)
- 4 cups Baby Spinach (chopped)
- 1 Tomato (diced)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 425. Grease a glass pie plate with a bit of coconut oil. Cover the base and sides of the plate with the sweet potato rounds. Layer the rounds until no glass is showing. Bake in the oven for 15 minutes.
- 2 Meanwhile, crack eggs into a mixing bowl and whisk well. Set aside.
- 3 Heat coconut oil in a skillet over medium heat. Add in minced garlic and green onions. Sautee for 3 to 5 minutes. Add in chopped spinach and saute just until wilted. Remove from heat.
- 4 Add spinach mix and diced tomatoes into the egg mix. Season with salt and pepper. Stir well.
- 5 Remove sweet potato crust from the oven. Pour egg mixture over top of the crust. Reduce temperature of the oven to 375. Place quiche in the oven and bake for 30 to 40 minutes or until the top is golden brown.
- 6 Remove from oven and cut into slices. Enjoy!

Notes

Add Protein: Add pre-cooked bacon or chicken sausage to the mixture when it goes in the oven OR serve quiche with a side of bacon or chicken sausage.