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Let's cook something delish!

Turkey Bacon and Spinach Quiche with Sweet Potato Crust

Makes: 5 Servings

Serving Size: 2 Wedges

Ingredients

Cooking spray
1 medium sweet potato, peeled
1 t. canola oil
1 medium yellow onion, diced
5 slices uncured, nitrate-free turkey bacon, thinly sliced
10 oz frozen chopped spinach, thawed
¾ t. dried dillweed, crumbled
¼ t. salt
¼ t. pepper
4 large egg whites
2 large eggs
¼ c. fat-free milk
1½ T. fat-free feta cheese

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Directions

1. Preheat oven to 400°F. Lightly spray a 9-inch pie pan with cooking spray.
2. In a medium bowl, using a box grater, grate the sweet potato. Measure out 2 cups. Gently press the sweet potato on the bottom and up the sides of the pan, forming a crust. (The sweet potato will be loose, but it'll hold together once cooked.)
3. Bake for 20 minutes, or until the crust is cooked. Remove from the oven and let stand to cool. Reduce the oven temperature to 350°F.
4. Meanwhile, in a medium skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for six minutes, or until almost translucent, stirring frequently. Add the turkey bacon. Cook for three to four minutes, or until the onion and bacon begin to brown, stirring frequently. Add the spinach, dillweed, salt and pepper. Cook for one to two minutes, or until the water from the spinach is released. Remove from the heat. Transfer the mixture into the sweet potato crust.
5. In a medium bowl, whisk together the egg whites, eggs and milk until combined. Pour over the mixture in the crust. Sprinkle the feta over the top.
6. Bake for 35 to 40 minutes, or until knife inserted into the center comes out clean. Transfer to a cooling rack. Let cool for 10 minutes before cutting into wedges.

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Calories: 136, Total Fat: 5 g, Saturated Fat: 2 g, Cholesterol: 87 mg, Sodium: 458 mg, Total Carbohydrate: 11 g, Fiber: 3 g, Total Sugars: 4 g, Protein: 12 g

Source: American Heart Association®, recipes.heart.org/en/recipes/turkey-bacon-and-spinach-quiche-with-sweet-potato-crust

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.