

## **Sweet Potato Quiche** - gluten and dairy free from

<http://simmerandboil.cookinglight.com/2015/12/27/sweet-potato-quiche-crust/#sthash.FThnR2DH.dpuf>

Modified for 2 servings

### **Ingredients**

- 1 medium sweet potato
- 3 rashers bacon, crumbled
- 1/4 cup diced onion (optional)
- 1/4 cup diced mushroom (optional)
- 1 (5-ounce) bag baby spinach
- 1/4 cup coconut unsweetened milk
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 4 large eggs
- 2 large egg whites
- 1.5 ounces feta cheese, crumbled (we used crumbled goat cheese)

### **Directions**

1. Preheat the oven to 350°  
Coat a pie dish with cooking spray,  
Peel and slice sweet potato  
fill the bottom of the dish with sweet potato slices.  
Cut the sweet potato rounds in half and fill around the edges of the pie dish  
round side facing up.  
Coat with cooking spray.  
Bake for 20 minutes. Turn heat up to 375°.
  2. Cook bacon, dice onion & mushroom  
For the filling, heat a nonstick skillet over medium heat.  
Saute spinach, onion & mushroom in oil 3 minutes.  
Remove from heat; cool.
  3. Combine milk and next 5 ingredients in a bowl; stir with a whisk.
  4. When sweet potato crust is done,  
Arrange spinach mixture in crust; pour egg mixture over spinach mixture.  
Sprinkle with cheese.
- Bake at 375° for 35 minutes.  
Let stand 5 minutes; cut into 4 wedges.