

SWEET POTATO & SPINACH QUICHE

Ingredients

- 2 medium sweet potatoes
- 1 teaspoon canola oil
- 5 ounces (about 6 cups) fresh spinach
- 1 cup sliced mushrooms
- 1/2 cup roasted red peppers (from a jar), diced
- 1/2 cup 1% low-fat milk
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 6 large eggs
- 1 1/2 ounces (1/3 cup) feta cheese, crumbled



Directions

1. Preheat the oven to 350°, then peel and slice sweet potatoes.
2. Coat a 9-inch or 10-inch pie dish with cooking spray, then fill the bottom of the dish with a layer or two of sweet potato slices, overlapping them to cover bottom. Cut some of the sweet potato rounds in half and fill around the edges of the pie dish, round side facing up.
3. Once the entire dish is filled, coat one more time with cooking spray. Bake for 20 minutes. Turn heat up to 375° F.
4. Heat 1 teaspoon canola oil in a nonstick skillet over medium heat. Add spinach; sauté 3 minutes until spinach is wilted. Remove from heat; cool.
5. Combine milk, salt, black pepper, crushed red pepper and eggs in a bowl; stir with a fork.
6. Arrange spinach mixture on crust; top with sliced mushrooms and roasted red peppers. Pour egg mixture over vegetables.
7. Sprinkle pie with crumbled feta cheese. Bake at 375° for 35 minutes or until filling is set and cheese is browned. Let stand 5 minutes; cut into 6 wedges.

Variations/Tips: use thawed frozen spinach (be sure to squeeze out excess water) in place of fresh spinach. For richer flavor, sauté the mushrooms in the same skillet in which you wilted the spinach. Use fresh red, yellow or orange bell peppers, diced, instead of the roasted red peppers from a jar. If you do buy a jar, use leftover peppers on salads, in omelets or on sandwiches. This is a great recipe to use up leftover spinach and any other vegetables in your frig: use what you have and what you like! Delicious for breakfast, lunch or dinner.

Yield: 6 servings (1 slice per serving)

Total cost: \$6.31 **Cost per serving:** \$1.05

Source: *Cooking Light*

Nutritional information per serving: 187 calories; 10.6g total fat (2.7g saturated fat); 13.5g carbohydrates; 1.5g fiber; 399mg sodium; 10g protein

Served at Central Ohio Diabetes Association's Evening of Health ~ April 12, 2016