Published on *Happily Whole* (https://www.livinghappilywhole.com)

Sweet Potato Crusted Quiche

June 2, 2015, written by katie

Organic eggs, fresh herbs, dark leafy greens and my all time favorite--the sweet potato! What is NOT to like in this crossover dish?

Just a side note-Here's some proof of my sweet potato obsession:

Sweet potato, Avocado Brownies [1]

Sweet Potato, Black Bean Enchiladas [2]

Sweet Potato, Chick Pea Patties [3]

A Personal Story incorporating sweet potatoes at the end! [4]

I've prepared this for breakfast, brunch and dinner. And I may or may not have polished the leftovers off cold from the fridge for an evening snack. Whenever you eat this protein packed meal, it provides a grain-free filling delight!

I served it with a sprouted grain English muffin [5]half and some diced, roasted sweet potatoes. I roasted those right along with quiche while it was baking. A side of berries completed the plate both for flavor and nutrient profile.

When I started the 30 Day Spring Cleaning Challenge [6], I made sure that all the ingredients in this quiche fit the Grocery Shopping List guidelines [7]. That way, I could make it for brunch on Sunday and eat leftovers throughout the week. I'd also like to suggest baking the batter in a cupcake pan (using parchment paper cupcake wrappers). It takes the 'grab and go' breakfast to the next level!

Enjoy!

Recipe category

Food Fit for the Morning [8]
Delightful Dinners [9]

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Ingredients

- 3 medium sweet potatoes
- 2 tablespoons olive oil
- ½ small, mild onion (like yellow onion)
- 2 cloves of garlic, minced
- 2 bunches washed, chopped spinach (about 3 cups)
- 6 or 7 large eggs (choose organic, from grass fed chickens whenever possible)
- ½ cup organic milk (or plain almond milk)
- 1 cup grated white cheddar cheese (I love using a sharp cheddar but you can use your preference)
- Some fresh herbs (I used rosemary, thyme, chives and parsley)*
- ⅓ cup goat cheese (you can use feta or any other variety)
- ¼ cup finely shredded Asiago or Parmesan cheese
- Salt and Pepper to taste

Recipe Instructions

- Preheat the oven to 400 degrees F.
- Peel sweet potatoes and slice them as thin as you can. Spray or butter the bottom of a deep pie plate. Line the sliced sweet potatoes on the bottom of the pan.
- Bake for about 15 minutes, until sweet potato slices can be pierced with a fork.
- Put olive oil into a saute pan and saute the garlic and onion for about 5 minutes.
- Add the spinach to the pan and cover, allowing the spinach to wilt and release water.
- Drain any access water from the pan.
- In a meduim bowl, whisk the eggs well. Add the cheddar cheese and herbs. Stir well.
- Add the mixture from the saute pan into the egg mixture and stir. Pour over the baked sweet potato slices in the pie plate.
- Sprinkle the asiago cheese on top.
- Bake at 375 for about 40 minutes, until solid in the middle.
- Allow to cool for a few minutes and enjoy!

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Recipe Notes

*Choose herbs to your taste. I used about a tablespoon of each. But here's where you can use your creativity.

Source URL: https://www.livinghappilywhole.com/content/sweet-potato-crusted-quiche

Links
[1] https://www.livinghappilywhole.com/content/sweet-potato-avocado-brownies
[2] https://www.livinghappilywhole.com/content/sweet-potato-black-bean-enchiladas
[3] https://www.livinghappilywhole.com/content/sweet-potato-quinoa-and-chick-pea-patties-avocado-dip
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