



BAKED QUICHE WITH A SWEET POTATO CRUST

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I had this recipe at a small café in England and cannot forget how good it is each and every time I make it! There are also multiple variations on the ingredients as it is a basic quiche recipe, easy and nutritious.

INGREDIENTS:

sweet potato

olive oil

salt

4 eggs.

1 1/2 cups whole milk or you can use half and half cream

fresh grated nutmeg 1/8 tsp.

1/2 cup kale or spinach, chopped mushrooms and feta cheese

or 3/4 cup cheddar cheese and a cup chopped broccoli.

DIRECTIONS:

1. Slice sweet potato thinly and line the bottom of a pie crust, brush with olive oil and season with salt. Bake at 350 for 15 minutes. Remove and set aside.
2. In a bowl mix together: 4 eggs, 1 1/2 cups whole milk or you can use half and half cream and fresh grated nutmeg 1/8 tsp.
3. whatever ingredients you choose for the inside:
 - 1/2 cup kale or spinach, chopped mushrooms and feta cheese or
 - or you can grate 3/4 cup cheddar cheese and a cup chopped broccoli.