



## Sweet Potato Quiche

### Makes 6 Servings

2 Large Sweet Potatoes  
1 15 Oz Package of Spinach  
4 Eggs  
1/2 C Milk or Half & Half  
1 Tbsp Fish Delish  
1 Tbsp Butter, Softened  
Black Pepper and Salt, if desired

### Preparation:

Preheat the oven to 350°.

Lets start by rinsing, drying and peeling our sweet potatoes. Then slice very thinly, I used a mandolin, but you can do by hand as well. Try to keep the slices very uniform in thickness so they cook evenly.

Now butter you quiche pan. Layer the sweet potato slices all around the bottom of pan, lastly do the sides. Bake for 20 minutes to par cook the potato crust.

While crust is par cooking, let us steam the spinach. Place in a microwave safe bowl, cover, and cook for about 3 minutes. We want to precook spinach so that we can squeeze the liquid out to keep quiche from being runny. Chop and add onto of the precooked potato crust.

Mix together the eggs, milk and Fish delish. Whisk well, the more air we can incorporate into the egg mixture, the fluffier the eggs will be.

Pour the egg mixture over the spinach. Bake for 25-30 minutes.

Enjoy!