



Turkey Bacon and Spinach Quiche

Craving a hearty breakfast that's as good for your heart as it is for your taste buds? This Turkey Bacon and Spinach Quiche with a Sweet Potato Crust offers a delicious, nutritious twist on the traditional quiche. Full of flavor, fiber, and heart-healthy ingredients that will keep you energized all day long!

Serves: 5 Serving Size: 2 wedges

Ingredients

- Cooking spray
- 1 medium sweet potato, peeled
- 1 teaspoon canola or olive oil
- 1 medium yellow onion, diced
- 6 slices turkey bacon(preferably uncured), chopped
- 10 ounces frozen chopped spinach, thawed and water squeezed out
- ¾ teaspoon dried dill
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 large egg whites
- 2 large eggs
- ¼ cup skim or 2% milk
- 1 ½ Tablespoons Feta cheese

Directions

1. Preheat oven to 400°F and spray a 9-inch pie pan with cooking spray.
2. Grate the sweet potato on a box grater and measure out 2 cups. Press it into the bottom and sides of pan to form a crust. The sweet potato will be loose, but will hold together once cooked. Bake for 20 minutes and set aside to cool. Reduce oven to 350°F.
3. Heat oil in a skillet over medium-high. Saute onion until soft and translucent, stirring frequently, about 6 minutes. Add turkey bacon, cook for 3-4 minutes, until bacon and onion start to brown, stirring frequently.
4. Stir in spinach, dill, salt, and pepper and mix well. Transfer the mixture to the sweet potato crust.
5. Whisk egg whites, eggs, and milk in a medium bowl. Pour over the mixture in the crust and top with feta.
6. Bake for 35-40 minutes until set. Cool for 10 minutes before slicing.

Chefs Note:

Use frozen spinach to avoid excess moisture, or squeeze out liquid from fresh spinach before adding.

Nutrition Info per serving:

Calories: 154, Saturated Fat: 2 g, Sodium: 482 mg, Added Sugars: 0g, Fiber: 2.8 g Protein: 12 g

Recipe from:

<https://recipes.heart.org/en/recipes/turkey-bacon-and-spinach-quiche-with-sweet-potato-crust>

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