HEALTHY TIPS

Spinach and Feta Quiche with Sweet Potato Crust

By bestfolkmedicine · 07/02/2020 · 2 min read



Ladies and gents, if you're searching for a meal that tastes as amazing as it looks, you've come to the right place.

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This spinach and feta quiche is a lighter take on the classic dish and uses healthy sweet potatoes instead of the traditional buttery crust.

Thanks to the low-fat milk and the iron-rich spinach, this meal isn't just bursting in flavor, but in nutrients too!

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Plus, we love how nourishing it is, yet very simple to prepare- you needn't be an expert in the kitchen to enjoy it.

To help you amaze your family and friends for the upcoming weekend, make sure you check out the recipe below.

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Spinach & Feta Quiche with Sweet Potato Crust

For 4 to 6 servings, here's what you'll need:

1 ½ pounds of sweet potatoes, peeled and sliced thinly

2, 5-ounce bags of baby spinach

4 garlic cloves, minced

An onion, diced

2 tbsp of olive oil

5 eggs

¼ cup of low-fat milk

1 cup of mozzarella shreds

½ tsp of paprika

A tsp of salt

Black pepper to taste

A cup of feta cheese, crumbled

Preparation:

Preheat the oven to 375 degrees F.

In the meantime, coat a baking tray with olive oil and then spread the potato slices in layers, overlapping each other and going up.

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The goal is to make around a ½-inch crust.

Make sure you also layer them on the sides and cut any slices to fit properly if necessary.

Then, coat the potatoes with olive oil.

Bake the crust for 10 minutes and then take it out and leave it aside.

In a sauté pan on high heat, add olive oil and when it warms up, add the garlic and onion and cook them until they soften.

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Add the spinach and cook until it wilts.

Then, remove the surplus liquid from the pan and spread the mixture evenly onto the cooled crust.

In a bowl, beat the eggs with the milk and add the mozzarella and spices and pour out the content over the spinach.

Add the feta crumbles on top and bake for 30 minutes.

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Before you serve it, give it a couple of minutes to cool down.

Enjoy!

Sources:

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