



American Heart Association.
Healthy for Good™

EAT SMART MONTH



Turkey Bacon and Spinach Quiche with Sweet Potato Crust



INGREDIENTS

Serves 5

Cooking spray

2 cups grated sweet potato
(from about 1 medium sweet potato)

1 teaspoon canola or corn oil

1 medium yellow onion, finely diced

6 pieces uncured, nitrate-free turkey
bacon, cut into thin slices

10 ounces frozen chopped spinach,
thawed and squeezed dry

$\frac{3}{4}$ teaspoon dried dillweed, crumbled

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

2 large eggs

4 large egg whites

$\frac{1}{4}$ cup fat-free milk

$1\frac{1}{2}$ tablespoons fat-free feta cheese

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DIRECTIONS

1. Preheat the oven to 400°F. Lightly spray a 9-inch pie pan with cooking spray.
2. Gently press the grated sweet potato over the bottom and up the side of the pie pan. (The grated sweet potato will be loose, but will hold together once baked.) Bake for 20 minutes, or until the crust is cooked. Remove from the oven. Reduce the oven temperature to 350°F.
3. Meanwhile, in a medium pan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 6 to 8 minutes, or until very soft, stirring frequently. Stir in the turkey bacon. Cook for 3 to 4 minutes, or until the onion and bacon begin to brown, stirring frequently. Stir in the spinach, dillweed, salt, and pepper. Cook for 1 to 2 minutes, or until the spinach releases its juice. Remove from the heat. Using a spatula, transfer the mixture into the sweet potato pie crust.
4. In a small bowl, whisk together the eggs, egg whites, and milk. Pour the egg mixture over the spinach mixture in the pie crust. Dot the feta cheese over the top.
5. Bake for 35 to 40 minutes, or until the center doesn't jiggle when the pan is gently shaken or a wooden toothpick inserted in the center of the quiche comes out clean.
6. Remove from the oven. Let stand for 5 minutes before serving.

TIP: Substitute veggie bacon to make this a vegetarian dish, but watch out for excess sodium.



NUTRITION FACTS	Per serving
Calories	
138	
Total Fat	5.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.0 g
Cholesterol	87 mg
Sodium	458 mg
Carbohydrates	11 g
Dietary Fiber	3 g
Total Sugars	4 g
Protein	12 g
Dietary Exchanges: 1 vegetable, 1 lean meat	