

Sweet Potato and Spinach Frittata with Goat Cheese



Ingredients

- 1 Tbsp. olive oil
- 1 large sweet potato, peeled and chopped
- 1/2 onion, chopped
- 1 garlic clove, minced
- 2 handfuls fresh spinach, chopped
- 4 oz. goat cheese, crumbled
- 3 eggs
- 6 egg whites
- 1 cup fat-free milk
- 5 slices turkey bacon, cooked and chopped
- salt and pepper, to taste

Preheat oven to 350 degrees. Heat olive oil over medium heat in a large skillet. Add garlic, onion and sweet potatoes and saute for about 20 minutes or until the sweet potatoes are soft. Add spinach and continue to cook until the spinach has wilted.

In a large bowl, beat eggs, milk, salt and pepper.

Place the sweet potato and spinach skillet mixture in the bottom of a pie pan, top with bacon and pour eggs on top. Sprinkle with goat cheese.

Cook 40 minutes until the top is golden brown. Allow the quiche to sit for a couple minutes, serve and enjoy!

Yield 5 servings, serving size: 1 serving. Calories: 233. Fat: 11 g. Cholesterol: 131 mg. Sodium: 15.4 g. Carbohydrates: 13 g. Fiber: 2 g. Sugar: 7 g. Protein: 10 g.

*These facts may vary based on size, amount, and brand use. This information is only a guide.