

Mini Quiches with Sweet Potato Crust

Makes 6 - 12 servings

1 ½ cups	sweet potato, peeled and grated
1 Tbsp	avocado oil
¾ cup	mushrooms, finely diced
¼ cup	sun-dried tomatoes, chopped
½ cup	red bell pepper, diced
1 cup	Swiss cheese, grated or cheese of choice
6	eggs
½ cup	milk 2% MF or less or a milk alternative
¼ tsp	salt
¼ tsp	pepper

1. Preheat oven to 350 F. Generously coat muffin cups with cooking spray of olive oil.
2. Lightly sautee the mushrooms until most of the moisture is removed.
3. Toss sweet potato and oil in medium bowl. Divide among the 12 muffin cups, pressing into the bottom and up the sides to create a crust.
4. Divide mushrooms, sun-dried tomatoes, red peppers among the cups. Top with cheese, keeping it away from the edges to minimize sticking.
5. Whisk eggs, milk, salt and pepper in a large measuring cup. Carefully pour the mixture into the cups, dividing evenly.
6. Bake until set and cook through about 22 to 28 minutes. Run a knife around the edges of the quiche and remove from the tin while still hot. Serve warm.
7. If making ahead of time refrigerate up to 3 days or freeze up to 1 month. Microwave for 30 to 60 seconds.

Recipe adapted from: eatingwell.com