Sweet Potato Quiche

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A beautiful quiche filled with roasted sweet potatoes, caramelized onions, goat cheese, and rosemary. A perfect balance of sweet and savory flavors that's perfect for brunch or dinner.

PREP:	COOK:	TOTAL:
20 mins	1 hr 50 mins	2 hrs 40 mins

SERVINGS: 8 servings; 1 (9-inch) quiche

Ingredients

- 1 Whole Wheat Pie Crust *oryourfavorite pie crust dough*
- 2 tablespoons extra virgin olive oil *divided*
- 1 large sweet potatoes *(or2small)about 1 pound*
- ¾ teaspoon kosher salt *divided*
- 1 large yellow onion *thinly sliced*
- 4 large eggs
- ⅔ cup milk
- ¼ teaspoon ground nutmeg
- 4 ounces goat cheese *crumbled*
- 1 tablespoon fresh rosemary *chopped*

Instructions

1. Prepare the pie dough as directed. Fit it into a deep, 9-inch pie dish and refrigerate until ready to bake.
2. Wash and peel the sweet potatoes, then cut them into 1/4-inch cubes. Toss the pieces with 1 1/2 tablespoons olive oil and 1/2 teaspoon kosher salt. Spread on a baking sheet in a single layer, then roast at 400 degrees F until soft, about 20 minutes. Set aside. Reduce oven temperature to 350 degrees.
3. In a large skillet, heat the remaining 1/2 tablespoon olive oil over medium. Add the sliced onions and cook, stirring occasionally, until soft and golden, about 20 minutes. Set aside.

4 Remove the dough from the refrigerator and place it on a well-floured surface. Working from the center, roll the dough into a 12-inch circle, then transfer it to an ungreased 9" pie dish. With a fork, pierce rows of holes in the bottom and sides of the dough, about 1 inch apart. Place the pan in a 350 degree F oven and bake until the crust is lightly golden, 10 to 15 minutes. If you will be baking the quiche right away, increase the oven temperature to 375 degrees F.

5 Layer the sweet potatoes in the bottom of the par-baked crust, then sprinkle the caramelized onions, goat cheese, and rosemary over the top. (At this point, the crust and toppings may be covered and refrigerated together for up to 24 hours.) When ready to bake, in a large

6 bowl, whisk together the eggs, milk, nutmeg, and remaining 1/4 teaspoon kosher salt. Pour the egg mixture over the quiche, then carefully place the quiche on a large baking sheet.

Bake at 375 degrees F for 45 to 55 minutes, until the quiche puffs up and just barely jiggles. Remove from the oven and let sit 10 minutes. Serve warm or at room temperature.

Nutrition

SERVING: 1(of 8)	CALORIES: 328kcal	CARBOHYDRATES: 28g
PROTEIN: 10g	FAT: 21g	SATURATED FAT: 11g
TRANS FAT: 1g	CHOLESTEROL: 119mg	POTASSIUM: 320mg
FIBER: 3g	SUGAR: 5g	VITAMIN A: 6692IU
VITAMIN C: 4mg	CALCIUM: 88mg	IRON: 2mg

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