



Dr. Laleh's Yam-Yum Quiche

Ingredients

Amount

Medium Yam (Uncooked)	1 (~10 oz)
Pete & Gerry's Organic Egg whites	1 small carton
Organic eggs	1 large
Dr. Laleh's Sweet spices	2 TBS
Stevia	1 TBS
Walnut/ Grapeseed/Sesame oil	Spray Pump

Preparation:

Wash yam, scrub with a brush to remove any dirt.

Use a Food processor to shred the uncooked yam with skin.

In a large bowl, add shredded yam, egg whites, egg and spices and mix well.

Pre-heat the oven at 400 F

Coat a Pyrex Oven safe dish with oil using oil pump/spray.

Pour the mixture into the dish and cover.

Bake for 1 hour- Check periodically.

Once the Quiche is cooked, remove the cover. Set oven to broil.

Broil quiche uncovered for 5-10 minutes or until the top is crispy.

Serve hot.

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 173

% Daily Value *

Total Fat 1 g **2 %**Saturated Fat 0 g **2 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 46 mg **15 %****Sodium** 212 mg **9 %****Potassium** 783 mg **22 %****Total
Carbohydrate** 23 g **8 %****Dietary Fiber** 5 g **20 %****Sugars** 0 g**Protein** 15 g **30 %**Vitamin A **4 %**Vitamin C **20 %**Calcium **40 %**Iron **3 %**