



Dr. Laleh's Sweet potato Quiche

Ingredients

Amount

Pete & Gerry's Organic Egg whites	1/3 a small carton
Organic Eggs	2 large
Sweet potatoes	½ a medium (~5-6 oz) or 2 small
Dr. Laleh's sweet spices**	1 TBS
Stevia	To taste
Grapeseed oil	1 TBS

**** You may use Apple pie spice with no sugar**

Preparation:

- Preheat the oven at 375 F
- Wash sweet potatoes and dry well.
- Use a food processor to grate (shred) sweet potatoes.
- Add eggs, egg whites, all spices and ½ TBS oil to the mix, use a fork or an egg mixer to mix well and fluff eggs.
- A square glass oven safe (Pyrex) dish is best to use. Coat the dish well with the remainder of oil. Use a rubber brush to cover the entire surface to avoid sticking.
- Pour the mixture into the dish, cover with foil and bake at 375F for 45 minutes (check periodically).
- Once the bottom of the quiche is golden brown and the eggs are cooked, uncover and broil at 500F for an additional 5 minutes until the top is golden and crisp.
- Remove from heat and allow to cool at room temperature before cutting into 8 pieces.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 80

% Daily Value *

Total Fat 4 g	6 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 62 mg	21 %
Sodium 78 mg	3 %
Potassium 73 mg	2 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 1 g	5 %
Sugars 1 g	
Protein 6 g	12 %
Vitamin A	19 %
Vitamin C	3 %
Calcium	3 %
Iron	2 %