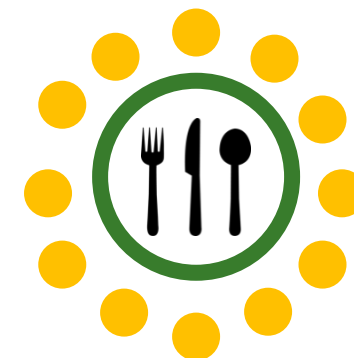


recipe of the week:

# Turkey Bacon & Spinach Quiche



ingredients:	directions:
1 sweet potato	1. Preheat oven to 400°.
1 Tsp. canola oil	2. Grate sweet potato until there are 2 cups.
1 medium yellow onion, diced	3. Press sweet potato into bottom & up sides of 9" pie plate
6 slices turkey bacon, sliced	4. Cook 20 minutes.
1 10 oz. packaged, frozen, chopped spinach thawed	5. Reduce oven temperature to 350°.
¾ Tsp. dried dill	6. Warm oil in pan over medium-high heat.
¼ Tsp. salt & ¼ Tsp. pepper	7. Cook onion 6-8 minutes. Add turkey bacon and cook 3-4 minutes.
2 large eggs	8. Stir in spinach, dill, salt, pepper & cook 1-2 minutes. Remove from heat & transfer into pie crust.
4 large egg whites	9. In a bowl combine eggs, egg whites and milk. Pour over vegetable mixture.
¼ cup skim milk	10. Dot feta cheese over top. Cook 35-40 minutes.
1½ Tbsp. feta cheese	

Presented by:

