

Sausage & Sage Quiche with Sweet Potato Crust

Prep Time: 15 minutes

Cook Time: 25-30 minutes

Total Time: 40-45 minutes

Servings: 6

Serving Size: 1/6 of the quiche

Ingredients:

- ½ tablespoon coconut oil
- 1 small to medium sweet potato, peeled
- ½ pound organic chicken breakfast sausage, thinly sliced if precooked or casings removed & crumbled if raw
- 1 teaspoon chopped fresh sage (rosemary also works lovely here)
- 9 organic, pastured eggs
- 3 tablespoons whole milk
- 2 tablespoons gruyere cheese, grated (optional)
- ½ teaspoon sea salt
- ¼ teaspoon ground pepper

Directions:

1. Preheat the oven to 350°F.
2. Spread a very thin layer of coconut oil around the bottom and sides of a 9-inch pie plate.
3. Using a mandolin or a sharp knife, thinly slice the potato into 1/8-inch-thick disks.
4. Arrange the sweet potatoes in a concentric pattern, slightly overlapping them so they completely cover the bottom of the pie plate. You can also slice disks into half moon shapes and place them around and slightly up the sides of the pie plate.
5. Spread the sausage in a thin layer over the potatoes, trying to cover the entire surface.
6. Press the sage gently into the sausage and sprinkle evenly with cheese if using.
7. Place the eggs, milk, salt, and pepper in a bowl and whisk vigorously.
8. Pour the beaten egg mixture into the pie dish and gently press down any sausage bits that float up.
9. Bake for 25 to 30 minutes, or until the center is set and the eggs have puffed up.

Tips and Tricks:

This dish comes together really easy and has always been a hit at my house.

It also keeps very well in the fridge for up to 4 days and can be reheated for a nice lunch or snack. You can also do steps 2 through 6 ahead of time, cover and refrigerate. Then add the egg-milk mixture in the morning and pop it into the oven to bake for an easy breakfast or brunch option.

Nutritional Information Per Serving:

(Calculated without cheese)

Calories: 185.2

Fat: 9.4 g

Cholesterol: 255.6 mg

Sodium: 459.4 mg

Total Carbohydrate: 6.6 g

Dietary Fiber: 0.4 g

Sugars: 5.2 g

Protein: 15.5 g