



Potato Quiche

Ingredients

Amount

Organic Eggs	4 large
Organic Liquid Egg whites	¼ Container (~4 whites)
Ground Turmeric	1 TBS
Ground Black Pepper	1 tsp
Ground Paprika	1 tsp
Garlic Powder	1 tsp
Ground Cumin	1 tsp
Red Onion	½ Cup shredded or thinly sliced
Yellow Potato*	1 medium
Grape seed Oil	1 TBS
Dried herbs (tarragon, basil, mint, scallions etc)	2 TBS (Collectively)

***Note:** Rutabaga may be used instead of yellow potatoes if desired.

Preparation:

- Preheat the oven at 375 F
- Wash potatoes and dry well.
- Peel onion and wash.
- Use a food processor to grate (shred) potatoes and onion. (they may be grated or shredded in the same food processor simultaneously)
- Add eggs, egg whites, all spices and herbs and ½ TBS oil to the potato/ onion 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.

NOTE: Potatoes may be cooked before to make the quiche a softer mashed consistency.

Nutrition Facts

Servings 8.0

Amount Per Serving

calories 85

% Daily Value *

Total Fat 4 g **7 %**

Saturated Fat 1 g **5 %**

Monounsaturated
Fat 1 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 93 mg **31 %**

Sodium 67 mg **3 %**

Potassium 85 mg **2 %**

Total
Carbohydrate 6 g **2 %**

Dietary Fiber 1 g **2 %**

Sugars 0 g

Protein 6 g **12 %**

Vitamin A **6 %**

Vitamin C **0 %**

Calcium **2 %**

Iron **6 %**
