

Quiche with a Kumara Crust

Ingredients:

2 medium sized kumara (peeled and sliced thinly)

1 large onion

150gms spinach (torn into bite sized pieces)

½ cup milk

½ tsp salt

¼ tsp black pepper

¼ tsp of your favourite spices (chili pepper, Italian seasoning, garlic,)

4 large eggs

2 egg whites

50 grams feta cheese

Method:

Grease a 9" pie plate. Layer the bottom and sides of your pie plate with kumara slices. Bake at 180 degrees C for 20 minutes.

Meanwhile sauté onions and spinach until onions are translucent.

In a medium sized bowl whisk together milk, spices and eggs.

Spread spinach and onion mixture on top of your baked kumara crust. Pour milk mixture over spinach mixture. Sprinkle crumbled feta on top.

Bake at 190 degrees for 30-35 minutes until liquid has set.