

# Spicy Potato-Crusted Quiche

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Serves 6

## Ingredients:

Non-stick cooking spray  
3 small Yukon gold potatoes, cut into 1/8 inch slices  
8 ounces turkey bacon  
1 teaspoon olive oil  
1 orange or red bell pepper, diced  
1 large roma tomato, diced  
1 jalapeno, seeded and diced  
1 (5 ounce) bag or container of spinach  
1/4 teaspoon salt  
6 eggs  
1/3 cup low-fat milk  
1/4 teaspoon black pepper  
1/2 cup shredded pepper jack cheese



## Directions:

1. Preheat oven to 375 degrees. Grease a 9-inch pie pan with nonstick cooking spray and add potato slices all around the base and sides. Cut some in half if you need them to fit on the sides. Spray the potatoes with additional nonstick cooking spray and bake for 20 minutes. Once done, remove from oven and cool for 5 minutes. Keep heat in oven.
2. While potato crust is baking, cook the turkey bacon in a skillet, then set aside.
3. Add olive oil into the same skillet you cooked your bacon; sauté jalapeno, diced tomato, and diced bell pepper for a few minutes. Add spinach and sauté until wilted. Remove from heat and set aside.
4. In a medium bowl, whisk together eggs, milk, salt, and pepper.
5. Pour veggie mixture over the crust. Tear bacon and place on top of veggies. Pour egg mixture over top. Sprinkle cheese and extra salt and pepper.
6. Bake for 35-45 minutes or until eggs are puffy and golden. Enjoy!

## Nutrition information per serving (1/6 recipe)

Calories: 240, Total Fat: 11.7g, Saturated Fat: 4g, Cholesterol: 191mg, Sodium: 475mg, Carbohydrate 19g, Fiber: 3.g, Total Sugar: 3g, Added Sugar: 0g, Protein: 14.6g

Source: Ambitious Kitchen

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