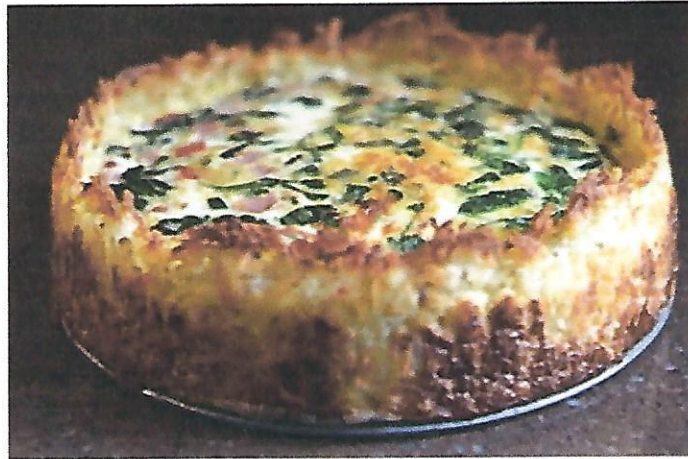


Spinach and Gruyere Cheese Quiche with a Hash Brown Crust



Ingredients

For the Hash Brown Crust:

- 1 pkg frozen hash browns, thawed and squeezed dry *or grate your own potatoes*
- 2 Tablespoons organic butter, melted
- 1 organic egg
- A sprinkle of onion powder, garlic powder, Italian seasonings, salt & pepper

For the Quiche:

- 1/4 cup organic red pepper, diced
- 1/4 cup organic green pepper, diced
- 1/4 cup organic onion, diced
- 2 cloves organic garlic, minced
- 6 organic egg whites and 3 organic eggs
- 1/2 cup organic whole milk
- 1 1/2 cups Gruyere cheese
- 1 pkg organic baby spinach
- 3-4 slices Canadian bacon (or regular bacon)

Instructions

For the Hash Brown Crust:

1. Add a little olive oil to the bottom of a spring form pan and line with parchment paper, including the sides. Brush with more oil on top of the parchment paper. Set aside
2. Combine the hash browns, melted butter, egg and spices in a bowl and put them in the pan pushing them up the sides
3. Cook in a preheated oven at 400 for 20-25 minutes or until the hash browns start to crisp up

For the Quiche:

4. In a small pan, over low/medium heat, add a Tablespoon of oil and sauté the onions, pepper and garlic for 8-10 minutes or until soft and translucent. Add the spinach and cook another few minutes over low heat until wilted. Set aside to cool
5. In a bowl, combine the eggs, egg whites, milk, cheese and bacon. Add the cooled onions and stir to combine. Season with salt and pepper and pour into the hash brown crust pan
6. Reduce the heat to 350 and bake for 45 minutes