

Gluten-free!



Spicy Sweet Potato Quiche Cups

DIRECTIONS Preheat oven to 400°F. Coat 12-c. muffin pan with **nonstick cooking spray**. With vegetable peeler, from 2 sm. peeled **sweet potatoes**, peel 48 wide strips lengthwise. Chop remaining potato into ½-in. pieces (1½ c. total). In microwave-safe bowl, combine chopped potato and 1 Tbsp. **water**. Cover; microwave on High 4 min. Drain. Line each muffin cup with 4 overlapping potato strips to make a crust; divide chopped potato among cups. In lg. bowl, whisk 9 lg. **eggs**, ½ tsp. **chili powder** and ¼ tsp. each **salt** and **pepper**. Stir in 5 strips cooked **bacon**, chopped; ½ c. crumbled **feta cheese**; and 2 **green onions**, sliced. Divide egg mixture among prepared cups. Bake 20 min. or until set.

SERVES 6 About 215 cal, 14 g protein, 8 g carbs, 13 g fat (5 g sat), 1 g fiber, 455 mg sodium.

