

SWEET POTATO FETA QUICHE WITH A POLENTA CRUST

Ingredients:

polenta crust -

2 1/2 cups water
1/2 t kosher salt
1 cup polenta (or yellow corn grits)
1 T unsalted butter
1/2 cup grated parmesan
salt and pepper
1 large egg

filling -

1-2 large sweet potato or 4 small sweet potatoes
1 T olive oil
3/4 cup feta
salt and pepper
scant 1/4 cup grated parmesan, plus more for sprinkling
1/2 cup Greek Yogurt
1 large egg
1/2 cup milk
salt and pepper

Directions:

Preheat your oven to 400F. Make the crust. Grease a 8-9 inch cake pan. Set aside. Bring water to a boil with salt. Add the polenta in a steady stream, whisking constantly. Lower the heat to medium-low and cook, stirring constantly, until the polenta is very thick, about 10 minutes. (OR if using quick cooking just whisk it into the hot water and it'll thicken immediately.) Remove from heat and stir in the butter, 1/2 cup parmesan, salt, pepper and egg. Transfer to the greased pan, and spread with a spatula. Smooth out the center and smooth the polenta up the sides for a crust.

Toss the sliced sweet potato with olive oil, salt and pepper. Place on a foil lined baking sheet. Roast and bake the crust at the same time for 20-30 minutes or until the sweet potato is roasted and the crust is dry. (The potatoes will probably take closer to 40 minutes.)

Sprinkle crust with parmesan, feta and sweet potato. Whisk together the Greek yogurt, egg, milk, salt, and pepper. Pour over the potatoes and cheese. Sprinkle with some more cheese, salt and pepper. Bake for about 40-45 minutes or until the custard is set and a knife inserted in the center comes out clean. Allow to cool for at least 30 minutes. Serve! Store leftovers in the fridge for up to 3 days.