

## Sweet Potato Spinach and Egg Bake



### Ingredients

- 3 small (12 oz.) sweet potatoes, coarsely grated
- 6 large eggs or 3 large eggs + 1 cup egg whites (my choice)
- 1 tsp. salt
- 1 tsp. black pepper, ground
- 1/2 tssp taco seasoning
- 1/2 cup any milk (I used unsweetened almond milk)
- 1/2 cup any cheese, shredded (I white cheddar)
- 1/4 cup cilantro, chopped (optional)
- 1 small garlic clove, crushed
- 1/2) 1 tbsp. jalapeno, seeded & minced (for kid friendly I used
- 2 handfuls of baby spinach
- Cooking spray (I use Misto)

### Directions

- 1 Preheat oven to 350 degrees F, line 8 x 8 square baking dish with parchment paper and spray with cooking spray.
  - 2 In a large mixing bowl add eggs, salt, pepper, taco seasoning and whisk for 30 seconds. Add milk, cheese, cilantro, garlic, jalapeno peppers and whisk to combine.
- Add sweet potatoes and spinach mix, transfer to prepared baking dish and bake for 50 minutes. Remove from the oven and let cool for 10 minutes before cutting. Serve hot, warm or cold.