

## Sweet Potato Quiche

(from *In Our Grandmothers' Kitchens*)

### *Ingredients:*

1 large sweet potato, cut into small pieces and peeled if you want to peel it  
extra-virgin olive oil as needed  
salt to taste  
3 large or 4 medium onions, peeled and thinly sliced  
fresh, chopped parsley to taste  
four eggs  
1/2 cup cream  
a dash of Creole seasoning  
ounces (more or less) sharp cheddar cheese, grated  
1 8-inch pie shell

### *Instructions:*

Preheat the oven to 375 degrees. Pour a tablespoon of oil into a bowl. Stir in salt to taste (start with 1/2 teaspoon). Toss in the pieces of sweet potato.

Place the sweet-potato pieces on a cookie sheet or baking pan, and roast until they are lightly brown around the edges, stirring occasionally. This took me about 1-1/4 hours, but my oven runs cool so it may take you less time.

While the sweet potatoes are cooking, splash oil onto a non-stick frying pan. Place the pan over medium-low heat. Toss in the onion slices.

Cook them slowly, stirring every 5 minutes or so, until they are reduced and softly caramelized. This may take an hour or more. Add a pinch of salt after the first 1/2 hour—and add a little more oil if you need it as you cook. When the onions are finished, stir in the parsley.

Both the onions and the sweet potatoes may be cooked the day before you want to serve your quiche; refrigerate the cooked vegetables until they are needed.

When you are ready to assemble your quiche whisk together the eggs, cream, and Creole seasoning in a bowl.

Place the pie shell in a pie pan. Sprinkle half of the cheese over the pie crust. Top the cheese with the onions and then the sweet potatoes; then pour on the cream/egg custard, and finish with the remaining cheese.

Place the tart (or quiche or whatever you want to call it!) on a rimmed cookie sheet to prevent spillage, and bake it for about 40 minutes, until the custard is set and the top is golden—but the sweet potatoes peeking out are not burning!

Serves 6.