

Sweet Potato Egg Casserole

Ingredients

- 1.5 lbs sweet potatoes coarsely grated
- 12 large eggs*
- 1 tbsp taco seasoning
- 2 tsp garlic powder
- 1 1/2 tsp salt
- Ground black pepper to taste
- 1 cup any milk I used unsweetened almond
- 1 cup sharp hard cheese shredded & divided**
- 1/2 cup green onions or cilantro chopped
- 2 tbsp jalapenos seeded & minced
- 4 cups baby spinach packed
- Cooking spray I use Misto

Instructions

1. Preheat oven to 375 degrees F, line 9x13 baking dish with parchment paper, and spray with cooking spray.
2. In a large mixing bowl add eggs, taco seasoning, garlic powder, salt and pepper; whisk for 30 seconds. Add milk, 2/3 cup cheese, green onions, and jalapenos; whisk to combine.
3. Add sweet potatoes and spinach, and stir well to mix. Transfer to prepared baking dish, flatten with spatula, and bake for 1 hour. Sprinkle with remaining 1/3 cup cheese and bake for a few more minutes until cheese is melted.
4. Remove from the oven, cool for 10 minutes and cut into 12 squares.