

# Real Men Make Quiche



For dinner last night I made a quiche. Real men do more than just eat quiche you know... we also know how to make them. But this was no ordinary quiche. It was a spinach and feta cheese quiche with a sweet potato crust... And just to make sure I didn't lose my man card in the process, I added bacon to the recipe. Because as everyone knows... everything is more manly when you add bacon. (I do have to say that it was an organically produced bacon with no nitrates or artificial additives...but nonetheless manly.)

The recipe, which I will copy below, was born of a decision my wife and I made a few years ago. I will share it with you now but if you're happy with the way you are currently eating and don't want to change, I suggest you read no further. Sometimes, to be completely honest, I wish I had been given

that option.

Years ago, we were encouraged to read the book [Wheat Belly](#) by William Davis. That inspired us towards further investigation and we were once again led to [Grain Brain](#) by David Purlmutter with Kristin Loberg.

But I can spare you these reads if you like. The bottom line is... wheat, as we know it, is bad. I mean, really bad in a GMO sense. So my wife and I avoid it. We don't have gluten allergies but we try to stay gluten free. And we really do feel better as a result. We stay away from breads, wheats, and grains of all kinds. We eat protein (mostly fish and chicken) and fresh vegetables – mainly green. And on those rare occasions when we are tempted to cheat, the repercussions come swift and are digestively unpleasant.

My wife and I have found that it is possible to eat and eat well while avoiding gluten. It just takes a little effort. And that is why I am able to make make quiche out of sweet potatoes. Here's the recipe:

Preheat oven to 350 degrees.

Thinly slice a sweet potato to make rounds.

Coat sweet potato slices with olive oil, salt and pepper.

Layer sweet potato slices in overlapping manner in quiche pan.

Bake for 20 minutes at 350 degrees.

While baking, saute in pan: oil, 1/2 diced onion, a minced garlic clove, 5 oz of fresh spinach, and diced bacon (3 slices).

In bowl, add 1/2 cup of almond milk, salt, pepper, red pepper, 4 large eggs and 2 egg whites.

Mix.

Layer spinach mixture to sweet potato crust.

Pour egg mixture over spinach.

Increase oven temperature to 375 degrees.

Bake for 35 minutes or until egg mixture is set.

Let stand for an additional 5 minutes before serving.

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