

# Sweet Potato Breakfast Bake

## Ingredients:

- ✓ 1.5 lbs sweet potatoes
- ✓ 12 large eggs
- ✓ 1 tbsp taco seasoning
- ✓ 2 tsp garlic powder
- ✓ 1 ½ tsp salt
- ✓ Ground pepper to taste
- ✓ 1 cup milk
- ✓ 1 cup cheddar, shredded
- ✓ 1 medium onion, diced
- ✓ 2 tsp red pepper flakes
- ✓ 4 cups spinach



Total Time: 1 ½ hours Servings: 8-12

## Directions:

1. In a large bowl mix eggs, taco seasoning, garlic powder, salt, and pepper. Whisk until combined, about 30 seconds. Add milk, 2/3 cups cheddar, onions, and red pepper flakes. Whisk to combine.
2. Shred sweet potatoes and add to mixture. Add spinach. Mix.
3. Line a 9x13 with parchment paper, spray with cooking spray. Pour mixture into baking dish.
4. Bake for 1 hour at 375° F. Remove and sprinkle with remaining 1/3 cup cheddar. Bake for 5 more minutes or until cheese is melted.
5. Let cool for 10 minutes before cutting.