

# TOWN NEWS

Texas Outdoors Woman Network

## Dallas Chapter – September, 2023

### AUGUST MEETING

AUTHOR AND NATURALIST AMY MARTIN WITH SHARON FALHBERG, PRESIDENT OF DALLAS-TOWN



*Some of the TOWN members attending one of the most informative meetings of the year, where we learned and discovered a lot of the wild side of Dallas- Fort Worth's parks and wilderness areas that surround the Metroplex and beyond!*

# HIGHLIGHTS OF AUGUST EVENTS

## MARY AND MAR'S LAKE PARTY



(Above Left) Glenda, Shirley and Cathy ready to kayak - (Above Right) Dale, Nancy and Robbie enjoying the cool breeze. (Below Left) Mar and Bailey (Below Right) Stonie



***Mary, Mar, Robbie and Shirley enjoying the scenery and cooler temperatures in Banner Elk, North Carolina***



# Crustless Spinach Quiche

Recipe provided  
by Shirley Meurer



This delicious Crustless Spinach Quiche with ricotta uses thinly sliced sweet potatoes instead of puff pastry as a base.

**Course** Breakfast, Brunch, lunch, Main Course, vegetarian.

<b>Cuisine</b>	French, International
<b>Keyword</b>	Crustless Quiche, Crustless Spinach Quiche
<b>Prep Time</b>	10 minutes
<b>Cook Time</b>	1 hour
<b>Servings</b>	8 servings
<b>Calories</b>	211kcal

## INGREDIENTS

- 2 sweet potatoes
- 1 Tbsp avocado oil
- 2 shallots
- 3 cloves garlic
- 5 oz baby spinach
- 8 eggs
- 1/2 cup milk
- 6 Tbsp grated parmesan cheese sea salt pepper
- 1/3 cup ricotta cheese
- 1/2 cup grated cheddar cheese basil
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## INSTRUCTIONS

1. Preheat oven to 350F.
2. Peel and thinly slice sweet potatoes (preferably with a mandoline). Cut off the end of a handful of slices to get a flat edge. Add slices to a bowl, drizzle with avocado oil and work oil into the slices with your hands.
3. Line a 9" pie dish with the sweet potato slices. The round slices for the bottom and the slices with the flat edge for the sides. Ensure they all overlap. Then prebake for 15 minutes. Set a timer!
4. In the meantime, finely chop shallots and garlic and then brown them in a large pan over medium low heat in a little avocado oil. Once brown, add spinach and sauté for about 30 seconds or until wilted. Remove from the heat and let cool completely.
5. Add eggs, half of the grated Parmesan, milk, and sea salt and pepper to taste to a large bowl and whisk until well combined. Then add cooled spinach mixture and use a spatula to mix in. Do NOT add hot spinach, it has to be cold enough to not start cooking the eggs.
6. In a separate bowl mix ricotta, cheddar cheese and remaining grated Parmesan.
7. Carefully pour egg filling into prebaked sweet potato crust and then add dollops of the ricotta mixture in an uneven pattern all over.
8. Bake the quiche for 40-45 minutes or until the eggs are set.
9. Turn on the broiler the last minute or two for a nice brown top. Garnish with basil if desired.

## NUTRITION

Calories: 211kcal | Carbohydrates: 16g | Protein: 12g | Fat: 11g | Saturated Fat: 5g |  
Trans Fat: 1g | Cholesterol: 180mg | Sodium: 223mg | Potassium: 437mg | Fiber: 2g |  
Sugar: 4g | Vitamin A: 10932IU | Vitamin C: 7mg | Calcium: 190mg | Iron: 2mg

# TOWN ACTIVITIES SCHEDULED- 2023

**Sun., Sept., 10<sup>th</sup> - Sun., Sep. 17<sup>th</sup>**

**Week at Port Aransas**

Contact Carol Burris at

[caroljeanneburris@gmail.com](mailto:caroljeanneburris@gmail.com)

or Shirley Meurer at [samuerer@yahoo.com](mailto:samuerer@yahoo.com)

**Thursday Oct., 19<sup>th</sup> -Sunday Oct. 22<sup>nd</sup>**

**Camping at Huntsville State Park**

Contact Nancy Lee at [nlee002@tx.rr.com](mailto:nlee002@tx.rr.com)

**Thursday, Nov. 2<sup>nd</sup> – Sunday Nov., 5<sup>th</sup>**

**Camping at Daingerfield State Park**

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