



Tortilla Espanola

SERVINGS: 8

INGREDIENTS

- 3 each Yukon Gold Potatoes, medium
- 1 cup sweet onion, thinly sliced
- 2 tbsp + 1 tsp olive oil, divided
- 1 tbsp Mediterranean Salt-Free Spice Blend
- 6 eggs
- ¼ tsp salt



PREPARATION

1. Preheat the oven to 375°F. Wash and peel potatoes. Quarter and cut into ½-inch slices.
2. In a bowl combine potato slices and 1 tablespoon of oil. Spread slices in a single layer on a baking sheet. Bake for 10 minutes, or until tender.
3. As the potatoes bake, sauté onions in 1 teaspoon of oil for 8-10 minutes or until onions are tender. Set aside and let cool.
4. In a medium bowl whisk together eggs, spices, and salt. Gently fold in cooked potatoes and onions, being careful not to breakup potatoes. Set aside at room temperature and let rest for at least 5 minutes and up to 30 minutes.
5. Heat 1 tablespoon of oil in a 10-inch non-stick skillet over high heat. When oil is hot but not smoking, pour in egg-potato mixture. Shake skillet gently to form an even layer. Cook until edges begin to ruffle and turn pale yellow, about 2 minutes. Run a rubber spatula along the edge of the pan to loosen the tortilla. Reduce heat to medium-low and continue to cook until eggs begin to set at edges, about 10 minutes.
6. Invert a heatproof plate over the egg mixture to cover. Plate should fit inside rim of skillet, flush against the surface of the egg. Quickly and confidently flip the tortilla onto plate by inverting skillet. Return skillet to heat, then slide tortilla back into skillet, uncooked side down. Cook until bottom of tortilla is just set, about 1 minute, using spatula to tuck top edges under vegetables.
7. Again, invert plate over tortilla and carefully flip skillet to turn tortilla out onto plate. Allow to rest 5 minutes, then slice as desired. Serve warm or room temperature.

Note

An alternative to flipping the tortilla, cover the tortilla and cook on low heat until the center is cooked through. Then turn out onto a plate.

Tester Feedback



"I liked that the recipe had a minimal amount of sodium yet the dish was flavorful."



Recipe Facts

per serving



\$0.38



1/2 c vegetables



3/4 oz-equivalent protein

