

SPANISH POTATO OMLET

6 Servings

INGREDIENTS

6 Large Eggs

Salt to taste

1 ½ lbs Golden Potatoes, peeled and
cut into 1/3 inch slices

1 ¼ cups Olive Oil

1 Large onion, thinly sliced

DIRECTIONS

Step 1

In medium bowl, beat eggs with ¾ tsp salt, set aside. In a large bowl, toss potatoes with ¼ tsp salt.

Step 2

In a 10- inch non-stick skillet, heat oil on medium. Add potatoes and cook 10-12 minutes until coked through but not falling apart. With slotted spoon, transfer potatoes back to large bowl.

Step 3

To Skillet, add onion. Cook 10 min, or until very tender. With slotted spoon, transfer onion to bowl with potatoes. Add eggs and gently stir until combined

Step 4

Drain all but 2 tsp of oil from skillet. Heat on medium-high for 1 min. Add potato and egg mixture., spreading in an even layer. Reduce heat to medium. Cook 7 minutes or until eggs are mostly cooked and edges are brown.

SHOPPING LIST

Eggs

Golden Potatoes

Onion

Olive Oil

Step 5

Loosen edges with a rubber spatula. Remove skillet from heat and cover with a large plate; carefully invert, holding plate and skillet together. Slide omlet back into skillet. Cook 3 min or until bottom and center are set. Serve warm or at room temperature.

NUTRITION

Calories: 245

Fat: 14g

Saturated Fat: 3g

Protein: 8g

Carbohydrates: 22g

Fiber: 2g

Sodium: 465mg

Adapted from Prevention Magazine. 2022.