



Tortilla Espanola (Spanish Omelet)

Makes 4 servings

2 Tablespoons olive oil
4 medium potatoes, thinly sliced
1 medium white onion, chopped
4 eggs, scrambled in a large bowl
¼ teaspoon salt
Dash cayenne pepper (to taste)
Cooking spray

- In a large skillet over medium-high heat, add the olive oil until the bottom of the pan is covered. Once the oil is hot, add the potato slices and onion, and toss until well covered. Cook for approximately 20 minutes until the potatoes and onions are soft. Drain the oil.
- Put the potato mixture in a medium bowl add eggs and seasonings. Mix well. Wipe the skillet out with a clean paper towel.
- Spray skillet with cooking spray and heat over medium-high heat. Pour in the potato, egg and onion mixture. Lower the heat to medium-low and cook for 4 to 5 minutes, until the bottom of the omelet is very light brown. Using a flat plate, cover the frying pan and flip the omelet over on to the plate. Immediately slip the uncooked side back into the pan. Cook for another 4 to 5 minutes, until the other side is a very light brown.
- Remove the omelet from the pan to a plate and cut into 4 wedges. Serve warm or at room temperature.

Recipe adapted from *foodnetwork.com*

Nutritional Information:

Calories: 291
Total Fat: 11g
Saturated Fat: 2g
Carbohydrates: 38g
Fiber: 5g
Protein: 9g