

## Spanish Tortilla w Roasted Peppers & Spinach

From Whole Foods Market website

*Flavor Profile: Mediterranean*

*Serves 6 as an entrée*

**Note:** This recipe is easy, but takes about an hour to complete.



### **Ingredients:**

3 tablespoons extra-virgin olive oil, divided  
3 cloves garlic, finely chopped  
1/2 yellow onion, finely chopped  
1 3/4 pound red potatoes, unpeeled, cut into 1/2-inch cubes  
Salt and ground black pepper, to taste  
1 1/2 packed cups (about 4 ounces) baby spinach  
1 cup thinly sliced roasted red peppers, drained well  
8 eggs, lightly beaten

### **Directions:**

- Heat 2 tablespoons oil in a large nonstick (or well-seasoned cast iron) skillet over medium-high heat. Add garlic and onions, and cook about 2 minutes.
- Add potatoes, salt and pepper, stir well, cover and cook, stirring occasionally, until potatoes are just tender, about 15 minutes. Transfer to a large bowl, add spinach and toss well. Let cool 10 minutes.
- Wipe skillet clean. Stir peppers and eggs into potato mixture.
- Heat another 1/2 tablespoon oil over medium heat. Transfer mixture to skillet and cook, running spatula around edges and gently shaking occasionally to prevent sticking, until eggs are set and bottom is brown, 12 to 14 minutes. Carefully invert onto a large plate.
- Heat remaining oil in skillet and slide tortilla back in, cooked side up. Cook about 5 minutes to golden brown. Transfer back to plate and let cool at least 10 minutes.
- Slice into wedges and serve.

**Note:** A Spanish "tortilla" is similar to an omelet or frittata. Serve it up as a first course for 10-12 or in larger pieces as an entrée for 6.

### **Nutritional Info:**

*Per Serving: 160 calories (70 from fat), 8g total fat, 1.5g saturated fat, 155mg cholesterol, 350mg sodium, 17g carbohydrate (2g dietary fiber, 2g sugar), 7g protein*