

# Spanish Potato Omelette



Preparation  
20 mins



Cooking  
30 mins

It took me a trip to Spain to realize that this dish, also called *tortillas de patatas*, is actually a tapa and not served for breakfast! It can be eaten warm or cold. To reduce the fat, I cut back on the number of eggs and the amount of oil, so using a non-stick skillet will really help you make a perfect omelette. For added flavour, I included parsley and green onions, but they can easily be omitted if you prefer the traditional simpler version.

## Ingredients (4 servings)

Item	Quantity	✓
Medium red bell pepper	1	
Extra virgin olive oil	22 ml / 1½ tbsp	
Garlic cloves, minced	3	
Finely chopped onion	250 ml / 1 cup	
Salt	2 ml / ½ tsp	
Black pepper	1 ml / ¼ tsp	
Finely grated potatoes	500 ml / 2 cups	
Finely chopped fresh parsley	15 ml / 1 tbsp	
Green onion, finely chopped	1	
Large eggs, well beaten	3	

## Nutritional Info

Calories	186
Fat, total	9 g
Fat, saturated	1.9 g
Cholesterol	140 mg
Sodium	356 mg
Carbohydrate	20 g
Fibre	3 g
Protein	7 g

## Preparation

1. Grill red pepper on preheated barbecue, or on a baking sheet under the broiler, turning often, until blackened and blistering on all sides. Transfer to a bowl and cover with plastic wrap (or transfer to a paper bag) and let cool. Peel off skins and remove core, ribs and seeds. Finely chop.
2. In a non-stick skillet, heat 1 tbsp (15 ml) oil over medium-low heat. Add garlic and cook, stirring, for 1 minute. Add onion, salt and pepper; cook, stirring, for 1 minute. Add grilled pepper and cook, stirring, for 1 minute. Add potatoes, parsley and green onion (if using); cook, stirring, for 3 minutes or until potatoes are almost tender.
3. Transfer potato mixture to a large bowl and whisk in eggs until combined.

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