

Tortilla Espanol (Spanish Egg and Potato Frittata)

2 lbs. potatoes (Yukon Gold or russets) peeled, sliced 1/8 in. thick
2 t. fine sea salt
4 T. olive oil
2 small onions, diced
6 cloves garlic, minced
6 large eggs, lightly beaten
1 large red bell pepper, roasted, peeled, seeded and chopped (optional)
salt and pepper to taste
flat-leaf parsley, chopped, for garnish

1. Blanch the sliced potatoes in boiling salted water until just tender, but not falling apart.
2. Heat 2 tablespoons of the olive oil in a 10-inch non-stick skillet. Add the onions and sauté for about 5 minutes. Add the garlic and continue cooking until the onions are soft and translucent and the garlic fragrant. Remove.
3. Beat the eggs lightly in a large bowl with 1/4 teaspoon each salt and pepper. Add the roasted red bell pepper, onions, garlic and potatoes. Mix without breaking the potatoes.
4. Preheat the large non-stick skillet over medium-high heat and add 2 tablespoons of the oil. When the pan and oil are very hot, pour in the egg mixture. Spread evenly and cook for 1 minute to set. Lower the heat and continue to cook 8-10 minutes. The tortilla should be partially set and easily loosened from the pan.
5. Set a flat plate, larger than the skillet, over the skillet. Invert the skillet onto the plate. The tortilla should come right out. Put the pan back on the heat and slide the tortilla back into the skillet. Do any adjusting necessary and continue to cook until fully set, about 6-7 minutes.
6. Slide the tortilla onto a serving platter. Let cool. Can be served warm, room temperature or cool. Serve wedges sprinkled with parsley.

Nutrition (per serving based on 6 servings)

336 calories; 39% calories from fat; 14.8g total fat; 245mg cholesterol; 720mg sodium; 1198mg potassium; 40.8g carbohydrates; 3.2g fiber; 1.5g sugar; 37.6g net carbs; 11.6g protein.



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