

SPANISH OMELETTE

INGREDIENTS

- 3 t Olive oil (Extra Virgin) (divided)
- 1 Onion (small)
- 1 C Red potatoes (diced) (pre-cooked)
- 1 T Thyme
- 1/2 t Smoked paprika
- 2 1/2 C Egg substitute **OR** 10 eggs
- 1/2 C Cheese (hard) (shredded)
- 3 C Spinach (baby) (roughly chopped)
- 1/2 t Salt
- 1/2 t Pepper (ground)



DIRECTIONS

- 1 Heat 2 t oil in a medium nonstick skillet over medium heat
- 2 Add onion and cook, stirring, until translucent, 3 to 4 minutes
- 3 Add potatoes, thyme and paprika and cook for 2 minutes more
- 4 Lightly whisk egg substitute in a large bowl
- 5 Gently add the potato mix, cheese, spinach, salt and pepper into the bowl & mix until combined
- 6 Make sure you pan is clean & add the remaining 1 t of oil & heat over medium heat
- 7 Pour in the egg mix & cover the pan
- 8 Cook until the edges are set & the bottom is browned (4-5 minutes)
- 9 The center will still be moist
- 10 Flip the omelette by running a spatula gently around the edges to loosen them
- 11 Invert a large plate over the pan & flip the omelette onto it
- 12 Slide the omelette back into the pan & continue cooking until the middle is set (3-6 minutes)
- 13 Serve warm

