

# Spanish Tortilla de Patatas (Potato & Onion Omelette) — Gluten-Free

Prep Time: 15 minutes

Servings: 4–6

## Ingredients

- 1 lb potatoes (Yukon Gold or similar), peeled, thin half-moons
- 1 large onion, thinly sliced
- 6 large eggs
- $\frac{3}{4}$  tsp salt (divided)
- Black pepper to taste
- $\frac{1}{2}$  cup olive oil (you will drain the excess before cooking the eggs)

## Instructions (step by step)

1. Cook potatoes and onion: Place a 10-inch nonstick skillet over medium heat. Add olive oil. Once warm (not smoking), add potatoes, onion, and  $\frac{1}{2}$  tsp salt. Cook gently 12–15 minutes, stirring occasionally, until potatoes are tender but not browned. Lower heat if they start to crisp — you want them soft.

2. Drain oil: Place a colander over a bowl and pour the potatoes/onions into it, catching the oil. Let them cool for 5 minutes. Keep about 2 tbsp of this oil for cooking the tortilla later.
3. Beat eggs: In a large bowl, beat eggs with the remaining  $\frac{1}{4}$  tsp salt and some black pepper.
4. Mix filling: Add the cooled potato-onion mixture to the eggs. Stir gently so the potatoes don't break too much. Let sit 5 minutes so the flavors mingle.
5. Cook tortilla: Heat 2 tbsp reserved oil in the same skillet over medium heat. Pour in the mixture, shaking the pan to spread evenly. Cook 5–6 minutes until the edges are set and the center is still slightly runny.
6. Flip carefully: Place a large plate over the skillet. Hold firmly and flip the tortilla onto the plate. Slide it back into the skillet, uncooked side down.
7. Finish cooking: Cook 3–4 minutes until set but still moist inside.
8. Serve: Slide onto a plate and let rest 5–10 minutes before slicing into wedges.

## Benefits

- Egg protein supports muscle health.
- Potatoes provide slow-release carbohydrates for sustained energy.
- Naturally gluten-free; only eggs, potatoes, onions, and olive oil.

## Notes

- Best served warm or at room temperature.