



Onion and potato tortilla



Serves: 4

Prep. time:

Cook time: 30 minutes

Total time: Less than 30 Minutes

Syns per serving:

Green: **FREE** *Extra Easy:* **FREE**

Delicious warm or cold, this brilliant lunch makes a tasty change from sandwiches any day of the week!

Ingredients

- 3 onions
- 3 medium-sized potatoes
- 2 garlic cloves
- 6 eggs
- A handful of fresh parsley
- Low calorie cooking spray
- Salt and freshly ground black pepper

Method

1. Peel and roughly chop the onions. Peel and cut the potatoes into 1cm cubes. Peel and finely chop the garlic. Beat the eggs. Finely chop the parsley.
2. Spray a non-stick frying pan with low calorie cooking spray. Add the onions and potatoes and cook over a medium heat for 12-15 minutes, or until softened, stirring often. Add the garlic and mix well.
3. Mix the eggs and parsley together, and season. Pour into the pan, tilting the pan so the egg is spread evenly. Cook gently for 8-10 minutes or until the tortilla is set at the bottom.
4. Place the pan under a medium-hot grill. Cook for 5 minutes, until the top is golden. Allow to cool slightly. Cut into wedges.

