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Spanish Tortilla

Prep Time: 15 mins

Cook Time: 17 mins

Total Time: 32 mins

Ingredients

- 3 teaspoon oil, olive, extra virgin, divided
- 1 small onion(s), thinly sliced
- 1 cup(s) potatoes, pre-cooked, diced
- 1 tablespoon thyme, fresh, chopped
- 1/2 teaspoon paprika, smoked
- 6 large egg(s)
- 4 large egg white(s)
- 1/2 cup(s) cheese, Monterey Jack, or Manchego, shredded
- 3 cup(s) spinach, baby, roughly chopped
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, black ground



Preparation

1. Heat 2 teaspoons oil in a medium nonstick skillet over medium heat. Add onion and cook, stirring, until translucent, 3 to 4 minutes. Add potatoes, thyme and paprika and cook for 2 minutes more.
2. Lightly whisk eggs and egg whites in a large bowl. Gently stir the potato mixture into the eggs along with cheese, spinach, salt and pepper until combined. Wipe the pan clean; add the remaining 1 teaspoon oil and heat over medium heat. Pour in the egg mixture, cover and cook until the edges are set and the bottom is browned, 4 to 5 minutes (it will still be moist in the center).
3. To flip the tortilla, run a spatula gently around the edges to loosen them. Invert a large plate over the pan and turn out the tortilla onto it. Slide the tortilla back into the pan and continue cooking until completely set in the middle, 3 to 6 minutes. Serve warm or cold.