

SPANISH-STYLE SWEET POTATO TORTILLA

What a great way to start the morning, with a big dose of beta-carotene from the sweet potatoes and a complete protein from the eggs. This breakfast will sustain

your energy all morning and even get your greens in with the spinach.



INGREDIENTS

- 1 lb. sweet potatoes, peeled and sliced about 1/8 in thick
- 2 cups of spinach
- 1 tbsp olive oil
- 1 medium onion, diced
- 3 whole eggs,
- 5 egg whites
- Sea salt and pepper, to taste

METHOD

1. Steam sweet potatoes for about 10-12 mins or until tender. During the last two minutes, add spinach and let wilt. Meanwhile, add oil to a large non-stick skillet and sauté onions over medium heat until soft.
2. In a large bowl, scramble eggs and egg whites with salt and pepper.
3. Add potatoes, spinach and onion to eggs. Toss to coat. Return skillet to stove and turn heat up to medium-high.
4. Add egg mixture and let cook until edges are firm, then reduce heat to medium-low and let cook. After 5-7 minutes, run a rubber spatula around edges to loosen.
5. Put large plate over the pan and flip the pan so the “tortilla” is now upside-down on the plate. Slide it back into the pan to cook on the other side, about 5 minutes or until cooked through.