

VeraVia – Tortilla Espanola with Sweet Potatoes and Caramelized Onions Served with Spinach Breakfast Salad

Serves 2

Ingredients:

4 large eggs, beaten 1 small onion, thinly sliced ½ sweet potato, peeled and thinly sliced
2 tbsp. olive oil
¼ cup parsley finely chopped
Salt and pepper

Method:

- Place sliced sweet potatoes in medium bowl and toss with 2 tsp. olive oil and salt and pepper. Set on large sheet tray and place in oven at 350. Cook for 20 minutes or until obviously cooked. They should definitely be soft to the touch. Cool slightly.
- While the sweet potatoes cook, caramelize onions in another 2 teaspoons olive oil by placing them in a cast iron skillet (or stainless steel skillet) set over medium to high heat. When onions begin to turn color, turn down heat and stir from time to time to prevent sticking. Remove when thoroughly cooked and dark golden brown. Cool slightly. Keep oven on.
- Set a small to medium pan on medium heat and add remaining olive oil. Layer in sweet potatoes and onions. Follow with eggs. Cook over medium heat until eggs appear half-way cooked. Now place pan in oven and continue cooking until eggs begin to peel off the side of the pan.
- Finish by quickly placing pan under the broiler just to brown the top of the tortilla ever so slightly. (Watch as burning happens quickly!)
- Remove, cool slightly and slice into wedges. Top with parsley and serve.

Spinach Breakfast Salad

Ingredients:

2 large handfuls baby spinach
2 radishes, thinly sliced
2 tsp. extra virgin olive oil
Salt and pepper

Method:

- Place spinach and radish on a plate and drizzle with olive oil.
- Season with salt and pepper to taste.