



Breakfast Potato Tortilla

INGREDIENTS

- 30 oz baking potatoes, peeled and thinly sliced
- 3 large eggs
- 3 large egg whites
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tsp Italian seasoning
- 1 Tbsp minced garlic
- 1-1/2 Tbsp canola oil
- 1 medium onion, chopped
- 1/2 red bell pepper, chopped

NUTRITION FACTS

Serves: 6

Amount Per Serving

- Calories 255
- Total Fat 7 g
- Saturated Fat 1 g
- Cholesterol 93 mg
- Sodium 319 mg
- Carbohydrate 35 g
- Dietary Fiber 4 g
- Sugars 4 g
- Protein 9 g
- myWW Blue: 3
- myWW Purple: 1
- myWW Green: 5

DIRECTIONS

INSTRUCTIONS

1. Put potatoes in large saucepan with enough cold water to cover; bring to boil over high heat. Reduce heat and cook until potatoes are half-cooked, about 5 minutes. Drain and set aside.
2. Meanwhile, beat eggs, egg whites, salt, and black pepper in large bowl.
3. Heat oil in 10-inch heavy nonstick skillet over medium-high heat. Add potatoes, onion, and bell pepper and cook, stirring occasionally, until potatoes are golden brown, about 5 minutes. Add garlic and Italian seasoning and cook an additional minute. Add potato mixture to beaten eggs, stirring until mixed well.
4. Reduce heat to medium-low. Pour potato-egg mixture into same skillet and cook, without stirring, 2 minutes. Remove skillet from heat. Place large plate on top of skillet. Wearing oven mitts, turn skillet with plate over to invert tortilla. Lift off skillet and slide tortilla back into skillet. Cook until eggs are set, about 2 minutes longer. Cut tortilla into 6 wedges.

This recipe can be found at:

<https://planningushealthy.com/breakfast-potato-tortilla>

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Recipe adapted from *Spanish-style potato tortilla* found in the *myWW Program Cookbook*