Breakfast, Latin American

Golden Baked Tortilla with Greens and Eggs

Whisked eggs and milk bake over quickly sauteed broccoli, spinach, tomatoes and green onion, all seasoned with smoked paprika and oregano for a tender, savory tortilla.



Nut free

25 min	100	5 g	3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 stalks green onion (scallion) (finely sliced)
- [ ] 1 cup broccoli florets (finely sliced)
- [ ] 1/2 cup roma (plum) tomatoes (washed and cubed)
- [ ] 1 cup spinach (washed and thinly sliced)
- [ ] 1/2 tsp kosher salt
- [ ] 1 tsp garlic powder
- [ ] 1 tsp dried oregano
- [ ] 1/4 tsp black pepper (cracked)
- [ ] 1/2 tsp smoked paprika
- [ ] 4 large eggs (whisked)
- [ ] 1/2 cup milk (fat-free)

Nutrition Facts

Per serving

Calories	100
Total fat	5 g
Saturated fat	1.5 g
Sodium	290 mg
Total carbs	5 g
Fiber	1 g
Total sugars	3 g
Protein	9 g

Method

- [ ] 1 Heat the oven to 350°F.
- [ ] 2 In a bowl, toss together the green onion, broccoli florets, roma tomatoes, spinach, Kosher salt, garlic powder, dried oregano, black pepper and smoked paprika until the greens are evenly coated in the spices.
- [ ] 3 Warm an ovenproof nonstick pan over medium heat, tip in the vegetables and sauté for about 2 minutes until cooked through.
- [ ] 4 Whisk the milk into the bowl with the whisked eggs, then pour the egg mixture into the pan and stir with a wooden or plastic spoon so everything is spread out evenly.
- [ ] 5 Set the pan on the middle rack of the oven and bake for 10 minutes; the tortilla is done when a toothpick inserted in the middle comes out clean.
- [ ] 6 Let the tortilla rest on the stovetop for 1-2 minutes so the eggs settle, then slice and serve.

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