Spanish Tortilla Bites with Winter Greens and Garlic

18 Servings • 1 Serving = 2 Tortilla Bites

INGREDIENTS

- 1 ½ cups extra virgin olive oil plus 1 Tablespoons, divided
- 4 large cloves garlic, minced, divided
- 6 packed cups winter greens (such as mustard greens and sorrel), destemmed, cut into ¼ inch thick ribbons
- 2 pounds Yukon gold potatoes, peeled and sliced into ¼" rounds
- · 1 medium yellow onion, diced
- 1 ¼ teaspoon Kosher salt
- Fresh ground black pepper, to taste
- 10 large eggs
- ½ cup avocado
- 1 teaspoon smoked paprika
- 1 teaspoon Tabasco

Saturated Fat 3g
Trans Fat.0g
Cholesterol 95rrg
Sodium 240mg
Total Carbohydrate
Dietary Fiber 1g
Total Sugars 1g
Includes 0g Ad
Protein 5g
Vitamin D Omog
Calcium 64mg
Iron 1mg

DIRECTIONS

- Heat 1 Tablespoon oil in a 12 to 14" non-stick skillet over medium heat. Add the 3 doves of garlic and cook, stirring, until fragrant, about 1 minute. Add the greens and cook, tossing occasionally, until wilted and softened, about 5 minutes. Transfer to a large bow and set aside.
- Wipe out the skillet and heat the remaining oil over medium heat until the oil sizeles gently. Add half the potatoes and half of the onion to the pan. Cook, stiming occasionally, until the potatoes are soft but not browned, about 15 to 20 minutes. Remove potato mixture with a solited spoon and bransfer to the bowl with the remaining potation mixture, reserving oil.
- 3. Season the mixture with 1 teaspoon salt and pepper. Add the eggs and stir carefully to combine, keeping the potatoes intact.
- 4. In the same skillet over medium-high heat, add 2 Tablespoors of the reserved oil and swit to coat. When the pan is hot, add mixture and reduce the heat to load Coe via a shake and gendy agate the eggs in the middle of the pan via ha spatula. As the torilli sets, occasionally shake the pan and run the spatula along the rim to keep the tortilla from skiding. Cook until the eggs are almost set, 25 oS minutes.
- 5. In a blender add avocado, paprika, Tabasco, remaining garlic, and remaining salt. Refrigerate until ready to use.
- 6. When you can easily lift the side of the totalia up with the spatula and see undermeath, it is ready to flip. Place a plate, platter, or invested or investe
- 7. Flip tortilla onto a wire rack to cool.
- To serve, thinly slice around the perimeter to square off the sides. Cut the tortilla in 6 equal rows lengthwise and widthwise to make 36 bites.
- 9. Serve tortilla with a drizzle of avocado aioli.

Recipe developed by the San Antonio Botanical Garden





Culinary Health Education for Families



Nutrition Facts

irate 12g

2 cub

170

161

103

43

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18 servings per containe

a size

Amount per serving Calories