

# Red Pepper Tortilla with Goat Cheese

A Spanish tortilla is like a baked omelette, typically made with potatoes. Serve it warm, in wedges, or chill and cut into cubes to serve as an easy, inexpensive appetizer.



## Ingredients:

3 medium	Red or white potatoes, diced	3 medium
1 medium	Red, yellow, or orange bell pepper, seeded and diced	1 medium
2 tsp	Canola oil	10 mL
6 large	Eggs	6 large
¼ tsp	Salt	2 mL
¼ tsp	Pepper	2 mL
3 oz	Soft goat cheese, crumbled	86 g

## Directions:

1. Preheat oven to 400°F (205°C).
2. In a large, ovenproof skillet, toss the potatoes and peppers with oil; roast in the oven for 20–30 minutes, or until potatoes start turning golden on the edges.
3. Meanwhile, whisk together the eggs with salt and pepper and stir in the goat cheese.
4. Pour over the vegetables in the pan and return to the oven for 15 minutes, or until set.
5. Serve warm, in wedges, or cool completely then refrigerate for up to 2 days and serve cold, cut into squares or triangles.

**Makes 4 servings (¼ tortilla/ 259 g)**

Source: developed by Julie Van Rosendaal for Apple Magazine, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/AHS.

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<b>Nutrition Facts</b>	
Per 1/4 of recipe (1/4 tortilla/ 259 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 310	
<b>Fat</b> 14 g	<b>22 %</b>
Saturated 6 g + Trans 0 g	<b>30 %</b>
<b>Cholesterol</b> 290 mg	
<b>Sodium</b> 420 mg	<b>18 %</b>
<b>Carbohydrate</b> 28 g	<b>9 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 4 g	
<b>Protein</b> 16 g	
Vitamin A	25 %
Vitamin C	120 %
Calcium	8 %
Iron	15 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Source of fibre	3 g
Very high in potassium	871 mg
Source of calcium	82 mg
High in magnesium	51 mg
High in folate	40 mcg
Source of iron	2.3 mg

<b>Canada's Food Guide Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	2
Grain Products	0
Milk and Alternatives	1/2
Meat and Alternatives	1 1/2

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- Large ovenproof skillet