

Smoky Vegetable Tortilla

Serve this tortilla with fruit to fuel your day, or pair it with a salad for lunch or dinner.

Ingredients

- 2 stalks green onion, finely sliced
- 1 cup chopped or diced broccoli crowns
- ½ cup chopped tomatoes
- 1 cup spinach, washed and thinly sliced
- ½ teaspoon kosher salt
- 1 teaspoon garlic powder
- 1 teaspoon ground dried oregano
- ¼ teaspoon ground cracked black pepper
- ½ teaspoon Spanish smoked paprika
- 2 teaspoons olive or canola oil
- 4 eggs, whisked
- ½ cup milk

Directions

1. Preheat oven to 350°F.
2. In a medium-sized bowl, add green onion, broccoli, tomatoes, spinach, salt, garlic powder, oregano, pepper and smoked paprika. Mix well.
3. Preheat an ovenproof nonstick pan over medium heat and add oil. Add vegetable mixture and sauté until ingredients are cooked through, about 2 minutes.
4. Add milk to the eggs and whisk briefly to combine. Add egg mixture to pan and stir. Spread ingredients evenly.
5. Place pan in the middle rack of your oven and cook for 10 minutes. To check if the tortilla is done, insert a toothpick in the middle. The toothpick will come out clean when the tortilla is cooked through.
6. Remove from oven. Let it rest for 1-2 minutes to firm.

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