




Veggie Tortilla Omelet

Tortilla aux légumes

 5 people

 5 mins prep time

 30 mins total time

 Easy

INGREDIENTS

- 2 medium size zucchinis cut in thin round slices
- 1 onion diced as desired
- 2 tomatoes cut in slices
- 10 eggs
- 2 tablespoons of milk
- olive oil
- ½ cup of your preferred grated cheese
- ½ cup (100 g) chopped bacon (optional)
- ¼ tsp cumin, ½ tsp basil, salt and pepper to taste



DIRECTIONS

1. Wash, and cut the zucchini in fine round slices. Wash and cut tomatoes and onions as indicated above.
2. Heat up the olive oil in a large non-stick pan and cook the bacon with the onions together on medium heat until it's mostly cooked.
3. Add the zucchini, and tomatoes to the pan and cook for 15 minutes flipping occasionally.
4. While the veggies are cooking, beat the eggs, herbs, and salt and pepper together in a separate bowl.
5. Add 2/3 of the grated cheese and mix again.
6. When the veggies are cooked in the pan, slowly add the egg mixture on top.
7. After about 7-10 minutes the egg will slightly pull away from the sides of the pan. This is your signal that the tortilla is ready to be flipped for cooking the other side.
8. To flip: Turn off the stove, take a large plate and place it entirely over the top of the tortilla. With one hand steady on the plate and of the other hand firmly gripped on the fry pan, flip the tortilla over onto the dish. To cook the other side of the tortilla, slide the tortilla from the plate to the pan. Turn the stove back on for cooking.
9. After a remaining 5 minutes of cooking, the tortilla is ready! Slip from the pan onto a large plate, sprinkle with the remaining cheese and enjoy! Serve next to a side salad or some grilled potatoes.



10. Next time be creative and add your favorite veggies! This tortilla preserves for 5 days in the frig.

Bon Appetit!
Emilie Anne

