



Makes one 10-inch tortilla
Preparation Time: 40 minutes
Cook Time: 35 minutes

INGREDIENTS:

2 lb. Yukon gold potatoes,
scrubbed and thinly sliced (8
cups)

7 oz. extra-firm tofu, drained
and patted dry

¼ cup + 2 tablespoons
[aquafaba](#) (liquid from canned
chickpeas)

2 tablespoons unbleached all-
purpose flour or whole wheat
flour

1 tablespoon chickpea flour

⅛ teaspoon ground turmeric

1 tablespoon extra-virgin olive
oil (optional, [learn more](#))

2 yellow onions, chopped (2
cups)

2 cloves garlic, minced

½ cup chopped jarred roasted
red bell peppers

3 tablespoons finely chopped
fresh parsley

½ teaspoon black salt or sea salt

Freshly ground black pepper, to
taste

Tortilla Española with Potatoes and Red Peppers

The Spanish tortilla is quite different from the Mexican tortilla. More similar to a frittata, it's traditionally served as an appetizer but is tasty when served warm or at room temperature for breakfast, brunch, or even a picnic.

Tips

Optional Oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add 20 calories, 2.3 g total fat, and 0.3 g saturated fat per serving.

*From **Forks Over Knives: Flavor!***

By Darshana Thacker Wendel

- 1 Preheat oven to 425°F. Place potato pieces in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, about 15 minutes or until tender. Transfer to a large bowl.
- 2 Finely crumble tofu and place in a bowl. Add the next four ingredients (through turmeric); stir to combine.
- 3 For oil-free: In a large nonstick ovenproof skillet combine onions, garlic, and ¼ cup water. Cook over medium 10 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. *(If using oil: In a large nonstick ovenproof skillet heat oil over medium, then add onions and garlic. Cook 10 minutes, stirring occasionally as needed to prevent sticking.)* Add the remaining ingredients. Cook 2 minutes more to meld flavors. Add potatoes and tofu mixture; mix well.
- 4 Bake about 30 minutes or until tortilla is golden. Cool tortilla in skillet on a wire rack 10 minutes. Invert a dinner plate over skillet. Holding the plate and skillet together, quickly flip over to invert tortilla onto the plate. Remove skillet. Sprinkle tortilla with additional parsley. Serve warm or at room temperature.