**Spanish Omelete**

Prep time: 10 min Cook time: 30 min

**Ingredients:**

* 3 eggs
* 1 potato, thinly sliced
* ½ onion, thinly sliced
* ½ tomato, chopped
* 1 green onions, chopped
* 2 tbsp olive oil
* Salt and pepper to taste (low sodium salt)

**Instructions:**

1. Cook the potatoes and onions: Heat olive oil in a large pan over medium-high heat. Add the thinly sliced potatoes and season lightly with salt and pepper. Cook, stirring occasionally, until golden brown.
2. Add the sliced onions and continue cooking until they become soft and slightly caramelized.
3. Prepare the eggs: In a bowl, whisk the eggs and season with salt and pepper.
4. Combine and cook: Reduce the heat to low and pour the eggs into the pan. Stir gently to mix with the potatoes and onions. Cook until the bottom of the omelette is lightly browned.
5. Flip the omelette: Loosen the edges with a spatula. Place a large plate over the pan and carefully flip the omelette onto the plate.
6. Slide the omelette back into the pan, uncooked side down, and cook until fully set.
7. Serve warm, garnished with chopped tomato and green onion.