



A personal approach to sustainable diets –

SPANISH OMELETTE

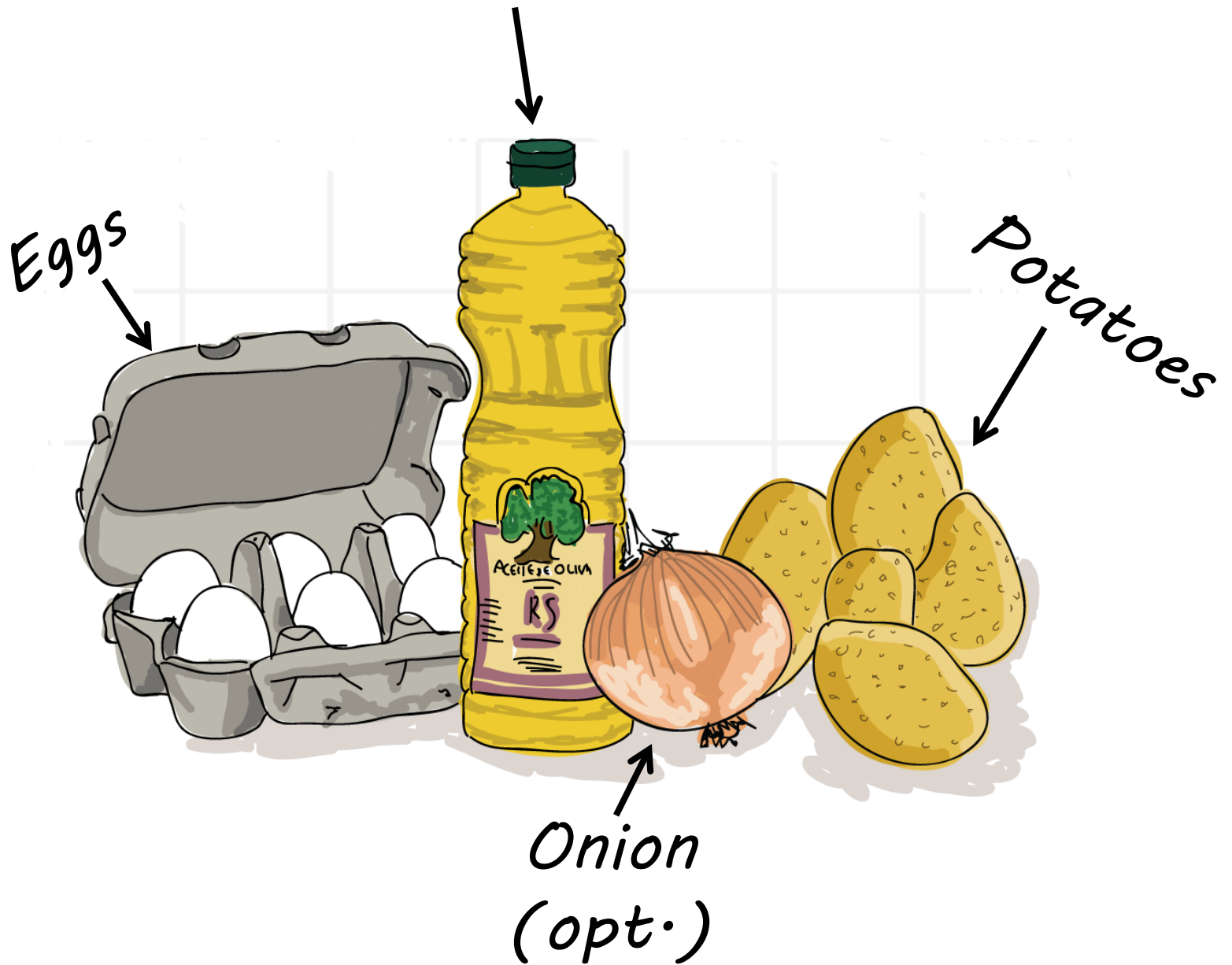
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Innovative Education towards
Sustainable Food Systems



Sonsoles Moreno Gil de Antuñano

INGREDIENTS Olive oil



PROCEDURE

Peel the potatoes (1)



(2) Cut in round slices



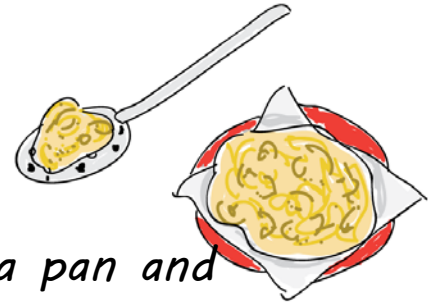
(3) Fry at low temperature and reserve

Whisk eggs, add salt and fried potatoes (4)



(5)

Heat oil in a pan and add mixture



(6) Overturn omelette



SERVE!

NUTRITIONAL VALUE PER PORTION



FAT	CARBOHYDRATES	PROTEIN
50 %	29 %	21 %

COMMENTS

- *Potatoe slices are often allowed to rest in a bowl of salty water to remove excess starch through osmosis.*
- *If served with vegetables or salad it makes a complete meal that gathers all the energetic and nutritional requirements.*

COMMENTS

- *There is no exact recipe, some may prefer to add onion or other ingredients.*
- *The cooking point can also be greatly varied from a completely solid omelette to a lesser curdled one.*
- *Overall, it is a simple dish that can be included in a sustainable diet.*

REFERENCES

- “Cocina fácil”- María Jesús Gil de Antuñano (2005)
- www.fatsecret.es