



# ECONOMY EGGS

## GROUND TURKEY PICADILLO TORTA

Serves 3-4

### Ingredients:

1 pound ground turkey  
1 tablespoon grape seed or canola oil  
1.5 cups finely diced potatoes  
1 cup finely diced yellow onions  
2 cloves of garlic, minced  
½ cup finely diced red bell peppers  
½ cup finely diced green bell peppers  
6 large eggs, beaten well  
Salt and pepper to taste



### PROCESS:

In a large skillet over medium heat, cook the ground turkey. Once the turkey is completely cooked, remove from heat and drain the excess liquid. Place the skillet back on the stove over medium heat and add the oil. Add the potatoes in the skillet and cook until tender and lightly browned. Add the onions and garlic in the skillet and cook until tender and fragrant. Add the bell peppers and cook for about 4 minutes until tender. Add the ground turkey and sauté for 3 minutes. Season the mixture with salt and pepper.

Remove the picadillo from heat and split into three portions.

Using a non-stick pan, over medium heat, place a tsp. of oil. Add one portion of the picadillo on the pan and spread it on the surface of the pan. Pour in two beaten eggs all over the mixture, covering the picadillo with the egg. Let the bottom of the omelet brown a little, then flip it over to brown the other side. Repeat this process to make three omelets.

You can add cheese if you desire. I like it just as it is over steamed rice or with a salad.

## CHEF TIPS

- Adding a tablespoon of water when beating eggs make a fluffier finished dish.
- When following a recipe use large egg as it is the standard size in most recipes. A large egg is about two ounces.

