



Oven Baked Tortilla

Makes 48 bite-sized squares, or 16 servings

Perfect for a small serving or appetizer, these tasty squares, adapted from "Easy Tapas" by Parragon Press, are fun, full of good things and easy to make.



- 4 Tbs. olive oil
- 1 large garlic clove, crushed
- 4 green onions, white and green parts finely chopped
- 1 green bell pepper, seeded and finely diced
- 1 red bell pepper, seeded and finely diced
- 1-1/2 c. cauliflower, boiled until tender and diced OR zucchini, lightly cooked
- 5 large eggs
- Scant 1/2 cup homemade SCD yogurt
- 6 oz. cheddar or parmesan cheese, freshly grated (pre-grated cheeses contain starch)
- Salt and pepper



Preheat oven to 375 degrees. Line a 7 x 10 inch baking dish with foil or parchment and brush with a little olive oil. Set aside.

Place the olive oil, garlic, green onions and bell peppers in a non-stick skillet and cook over medium heat, stirring, for 10 minutes, or until the onions are softened but not browned. Let cool, then stir in the cauliflower.



Beat the eggs, yogurt, and cheese together in a large bowl. Stir the cooled vegetables into the bowl and season to taste with salt and pepper.



Pour the mixture into the baking dish and smooth over the top. Bake for 30-40 minutes, or until golden brown, puffed, and set in the center. Remove from the oven and let cool and set. Run a spatula around the edge, then invert onto a cutting board, browned-side up, and peel off the foil or parchment. If the surface looks a little runny, place it under a medium broiler to dry out.

Let cool completely. Trim the edges if necessary, then cut into 48 squares. Serve on a platter with wooden toothpicks.