



Very Fast Potato Tortilla (cholesterol reduced)

Ingredients:

Potato

2 units

Onion

½ unit

Corn starch

1 coffeespoon

Egg White

4 units

Finely chopped dehydrated garlic and parsley (provenzal)

1 spoonful

Salt and pepper

to taste

Procedure:

Peel and grate the potato thickly. Chop the onion in tiny pieces. Beat the egg whites with salt, pepper and the corn starch.- Add the grated potato the provenzal, the onion and keep on beating. Place the mixture in the TartaExpress up to $\frac{3}{4}$ of the height from the bottom. Put the lid on and microwave for 3 minutes on high.

