

# TORTA DE ANGEL

**YIELD: 96 squares** (Four 2" hotel pans, cut into 24 slices each)

**Chef Angel Gonzalez (Brookline)**

Tortas and frittatas are hearty one-pan dishes with adjustable ingredients and easy assembly. This recipe comes from Brookline Public School's Chef Angel who highlights Callaloo as the included hearty green. Callaloo, also known as Amaranth, is an ancient leafy green vegetable that has been consumed for centuries due to its ease of harvesting, regional abundance, and nutritional value. The leaves and taste are similar to spinach (good substitute if you cannot find callaloo) but with a much stronger flavor. Callaloo is also a good source of iron, calcium, folate, potassium, magnesium, vitamin A, and Vitamin C. This recipe calls for ham but can very easily be substituted for another meat or made vegetarian.

## INGREDIENTS

- 100 Eggs beaten or 11.25 pounds of frozen egg mixture
- 1.5 quarts milk
- 1.5 tablespoon salt
- 2 teaspoons black pepper
- 1 teaspoon garlic powder
- ½ cup vegetable oil
- ¼- ½ cup garlic chopped
- 1.5 tablespoon paprika
- 1-2 teaspoon Cayenne (optional, can add more if desired)
- 2-3 tablespoon fresh herb chopped (thyme, oregano, rosemary)
- 3 pounds frozen shredded or diced cube potato THAWED or tater tots
- 3 pounds red onions diced
- 3 pounds bell peppers diced
- 4 pounds fresh leaves callaloo or spinach/kale
- 2 pounds ham diced
- 1 pound cheddar cheese shredded

## DIRECTIONS

1. Heat oil in tilt skillet and add peppers and onions and saute for 3-5 minutes. Turn oven to 350 degrees.
2. Add garlic and saute for additional 3-5 minutes or until onions and peppers are tender
3. Add the callaloo or spinach and sprinkle with the paprika and herbs, cook until leaves are tender and the mix is fragrant then add in the ham.
4. Spray four 2" hotel pans generously with oil then divide the potatoes and cooked filling into the pans and spread evenly.
5. Mix egg, milk, salt, pepper, and garlic powder with immersion blender or whisk.
6. Pour mixture between four pans. Top with cheese and bake for 25-30 minutes or until center is set.
7. Let cool for 10 minutes before slicing.

## RECIPE NOTES - Torta De Angel

Recipe credits as 2 oz. M/MA

Nutritional information per serving\*: 141.79 calories; 2.8g sat. fat; 271.96 mg sodium; 7.8 g carbohydrate

*\* nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*