

Shakshuka with Toast

4 servings

Shakshuka, which essentially means “all mixed up” is a very popular one-pot dish in Middle Eastern Countries, North Africa, and the Mediterranean. Eaten for breakfast, lunch, or dinner, the history of Shakshuka remains a mystery.

- 1 Tablespoon vegetable oil
- 1 medium onion, scrubbed with clean vegetable brush under running water, diced
- 1 garlic clove, minced, or 1/4 teaspoon garlic powder
- 1 red bell pepper, scrubbed with clean vegetable brush under running water, diced
- 1 (15 ounce) can diced or crushed tomatoes, no salt added*
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 4 eggs
- 1/4 cup fresh parsley, gently rubbed under cold running water, chopped or 1 Tbsp dried parsley (optional)
- 4 slices whole wheat bread, toasted

1. Wash hands with soap and water.
2. In a large skillet, heat oil over medium heat. Add onion, garlic, and bell pepper. Sauté until tender, about five minutes.
3. Add tomatoes, cumin, paprika, pepper, and salt. Simmer until the liquid is reduced, about 5-10 minutes.
4. Use the back of a spoon to create four wells for the eggs. Crack an egg into each well, cover, and gently simmer for 5-8 minutes until eggs are set. Wash your hands with soap and water after cracking raw eggs.
5. Garnish with fresh parsley, if desired, and serve with whole wheat toast.
6. Store leftovers in a sealed container in the refrigerator for up to four days.



Notes:

*Four fresh tomatoes can be used in place of canned. Cook for additional 5 minutes or until all liquid is reduced.

Nutrition Information per Serving (1/4 of recipe): Calories 250, Total Fat 9g, Saturated Fat 2g, Cholesterol 165mg, Sodium 360mg, Total Carbohydrates 31g, Fiber 3g, Total Sugars 9g, includes 0g of added Sugars, Protein 7g, Vitamin D 6%, Calcium 8%, Iron 15%, Potassium 10%.