

# SHAKSHUKA

## —————MAINS—————

### INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 sweet bell pepper, seeded and diced
- 4 garlic cloves, minced
- 1 teaspoon cumin
- 2 teaspoons paprika
- 1/4 teaspoon chili powder
- 1/2 teaspoon salt
- 2 teaspoons red wine vinegar
- 1 (28-oz) can unsalted crushed tomatoes
- 6 large eggs
- 1/4 teaspoon pepper
- 1 small bunch fresh cilantro, chopped
- 1 ounce feta cheese, crumbled (about 1/4 cup), optional

### DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add onion and bell pepper; sauté for 5 minutes or until the onion becomes translucent.
2. Add garlic, cumin, paprika, and chili powder. Cook for 1 minute, stirring occasionally.
3. Add salt, red wine vinegar, and crushed tomatoes. Bring to a simmer; cook 10 minutes or until sauce is slightly thickened.
4. Form 6 2-inch indentations in sauce with the back of a spoon. One at a time, crack eggs into a small cup and gently slip 1 egg into each indentation. Sprinkle black pepper over eggs.
5. Cover the pan and simmer for 10-12 minutes after adding the eggs. Cook until egg whites are set.
6. Turn stove off and sprinkle with fresh cilantro and crumbled feta. Divide sauce and eggs among 6 shallow bowls.

### VARIATIONS & TIPS

- Serve with whole-wheat pita or whole wheat bread.
- You could also use parsley, chives, oregano, or basil in place of the cilantro.
- You could use whole canned tomatoes and break them up to your preferred texture.
- If you prefer to finish cooking the eggs in the oven, ensure that you are using an oven-safe pan or dish. Preheat oven to 375°F. After cracking eggs into pan, place in oven and bake at 375°F for 10-12 minutes or until egg whites are set.

## NUTRITION FACTS

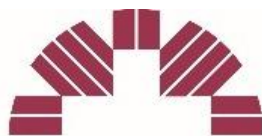
202 calories, 11 g fat (3.1 g saturated fat), 10.3 g protein, 13.8 g carbohydrates, 3.6 g fiber, 333 mg sodium

**YIELD:** 6 servings

**TOTAL COST:** \$6.56

**COST PER SERVING:** \$1.09

**SOURCE:** Adapted from Downshiftology.com



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