



Shakshuka

Middle Eastern - Eggs in tomato sauce

Ingredients:

3 Tablespoons canola oil
1 large yellow onion, thinly sliced
1 large red bell pepper, seeded, thinly sliced
3 cloves garlic, thinly sliced
1 tsp ground cumin
1 tsp paprika, sweet
1/8 tsp (or to taste) Cayenne
1-28 oz can whole skinless tomato, coarse chop
3/4 teaspoon kosher salt
1/4 teaspoon black pepper
6 oz feta cheese, crumbled
6 large eggs
Cilantro, chopped
Hot Sauce

Equipment:

Sharp knife
Cutting board
Measuring spoons
12 inch cast-iron skillet
Large spoon

Preparation:

1. Preheat oven to 375°F.
2. Heat oil in a 12 inch cast-iron skillet over medium-low heat. Add onion and bell pepper. Cook gently until very soft, about 20 minutes.
3. Add garlic and cook until tender, 1 to 2 minutes. Stir in cumin, paprika and cayenne, and cook 1 minute.
4. Add tomatoes and season with 3/4 teaspoon salt and 1/4 teaspoon pepper; simmer until **tomatoes have thickened**, about 10 minutes, and add feta.
5. Using a spoon, make 6 depressions in mixture and crack a shell egg into each depression. Season with salt and pepper.
6. Transfer skillet to oven and bake until eggs are just set, 8 to 12 minutes. Sprinkle with cilantro and serve with hot sauce.

Makes 6 servings

| Nutrition Facts | Amount/Serving | %DV* | Amount/Serving | %DV* |
|--|---|----------------------|--------------------|------------------------|
| | Serv. size 1/6 of recipe (274g) Servings 6 Calories 250 Fat Cal. 170 | Total Fat 18g | 30% | Total Carb. 11g |
| | Sat. Fat 6g | 30% | Fiber 4g | 15% |
| | Trans fats 0g | | Sugars 7g | |
| | Cholest. 210mg | 70% | Protein 12g | |
| | Sodium 640mg | 25% | | |
| * Percent Daily Values (DV) are based on a 2,000 calorie diet. | Vitamin A 25% | Vitamin C 90% | Calcium 25% | Iron 15% |