

LiveWell

Shakshuka

Yield: 6 servings



Ingredients:

- 1 Tablespoon olive oil
- 1 cup diced yellow onion
- ¾ cup diced green bell pepper
- ¾ cup diced red bell pepper
- 4 garlic cloves, finely chopped
- 2 teaspoons paprika
- 1 teaspoon cumin
- 1 teaspoon turmeric
- ¼ teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 28-ounce can San Marzano-style whole peeled tomatoes, undrained
- 6 eggs
- ¼ cup feta cheese
- 2 Tablespoons chopped cilantro
- 2 Tablespoons chopped parsley

Directions:

1. Place olive oil in a large sauté pan over medium heat.
2. Add the onion, green and red bell pepper, garlic, paprika, cumin, turmeric, chili powder, salt and pepper. Cook for 5 minutes or until the onion appears translucent.
3. Add tomatoes, breaking them up with a spoon or spatula. Bring the mixture to a boil, then reduce heat and simmer uncovered for about 10-15 minutes until slightly thickened, stirring occasionally.
4. Using a large spoon, make 6 small wells in the sauce and crack one egg into each well. Cook the eggs for 5 to 8 minutes, or until the egg whites are opaque and the yolks are as firm as desired with an internal temperature of 160 degrees F. Cover the pan with a lid to cook the eggs more quickly.
5. Sprinkle with feta cheese, chopped cilantro and parsley.

Nutrition information per serving:

Calories: 153	Cholesterol: 220 mg	Fiber: 3.5 grams
Fat: 8 grams	Sodium: 480 mg	Protein: 9 grams
Saturated fat: 2.5 grams	Carbohydrates: 12 grams	

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