



Shakshuka (Eggs Cooked in Tomato Sauce)

4 Servings • 1 Serving = 1 Egg and ½ Cup Sauce

INGREDIENTS

- 2 teaspoons extra virgin olive oil
- ¼ white onion, thinly sliced
- Salt and pepper, to taste
- ½ teaspoon ground cumin
- ½ teaspoon ground paprika
- ¼ red bell pepper, thinly sliced
- 1 (15 ounce) can pureed tomato or blended tomato sauce
- 4 large eggs
- ¼ cup cilantro or parsley, chopped
- 4 slices of whole wheat pita, toasted

DIRECTIONS

1. Heat a medium sized skillet over medium heat. Add oil, onion, salt, pepper, cumin, and paprika and stir to combine. Allow the onions to sweat and soften, about 5 minutes. Add the bell pepper and continue to cook another 5 minutes.
2. Add the canned tomato and bring to a simmer. Simmer for 5 minutes, until sauce thickens.
3. Crack the eggs, one by one, into a small bowl. Slide the eggs into the skillet on top of the tomato sauce. Allow the eggs to poach in the tomato sauce. Once the whites turn solid, cover and heat over a medium-low heat until yolks are cooked to desired doneness.
4. Garnish with cilantro or parsley and serve with pita.

Nutrition Facts

4 servings per container
Serving size 1 egg & 1/2 cup sauce

Amount per serving
Calories 210

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 185mg 62%

Sodium 530mg 23%

Total Carbohydrate 23g 8%

Dietary Fiber 3g 11%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 1mcg 6%

Calcium 100mg 8%

Iron 3mg 15%

Potassium 424mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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