

# SHAKSHUKA

*Shakshuka means "all mixed up" in Hebrew. It is a traditional Israeli and North African dish of eggs poached in a spicy tomato sauce. Enjoy this nutritious and tasty dish for breakfast, lunch or even dinner!*



**Prep Time:** 10 minutes **Cook Time:** 45-50 minutes **Servings:** 4

## Ingredients:

- 2 tablespoons **olive oil**
- 2 medium yellow **onions**, diced medium
- 1 large **bell pepper** (red, yellow, or green), diced medium
- 7 **garlic cloves**, finely chopped
- 1 (28 oz.) **can whole tomatoes**, low sodium if possible (do not drain)
- 1/2 teaspoon **salt**
- 2 teaspoons ground **cumin** (optional)
- Red pepper flakes**, to taste
- Ground black pepper**, to taste
- 8 **eggs**
- 1/4 cup flat leaf **parsley**, chopped (for garnish)

## Directions:

1. Heat the oil in a large frying pan. Add the onions and sauté over medium heat until translucent, 5 to 10 minutes. Add the bell peppers and cook just until softened, 3 to 5 minutes more. Add garlic and sauté for 1 minute until fragrant.
2. Slowly pour the tomatoes into a bowl and crush with your hands. Pour the crushed tomatoes slowly into the pan. Stir in the salt, cumin, red pepper flakes, and pepper. Cook mixture over low to medium heat until thickened, about 20 minutes.
3. Crack one egg into a small bowl or ramekin. Using the back of a spoon, create a small divot in the tomato mixture. Slide the egg into the divot, ensuring it is somewhat buried in the tomato sauce rather than resting on top of it. Repeat this process for each egg, leaving a small space between eggs in the frying pan. Cover the pan with a lid and cook on low heat for approximately 10 minutes or until the whites of the eggs are set and no longer runny.
4. To plate: Pour 3/4 cup of tomato sauce onto the plate and place 2 eggs directly on top of the sauce. Top with chopped, flat leaf parsley as a garnish.  
Serving Option: Serve with crusty bread alongside to soak up all the delicious juices.

## Nutrition Facts

Serving Size 2 eggs & 3/4c sauce  
Serves 4

### Amount Per Serving

**Calories** 257

% Daily Value\*

**Total Fat** 17.1g 22%

Saturated Fat 4.2g

Polyunsaturated Fat 2.8g

Monounsaturated Fat 8.8g 0%

**Sodium** 493.8mg 21%

**Total Carbohydrate** 12.3g 4%

Sugars 5.7g

**Protein** 14.5g 29%

Vitamin A 26% Vitamin C 71%

Vitamin D 20% Vitamin B6 28%

Folic Acid (B9) 20% Vitamin B12 37%

#### Cook's Notes:

Pasture raised eggs (not to be mistaken with pasteurized eggs) are rich in omega-3 fatty acids, which have been shown to be beneficial to brain health. They are also lower in saturated fat and cholesterol than conventional eggs and are higher in Vitamins A, D, and E. Each pastured egg contains 115mg Choline, which aids in memory formation, concentration, and reasoning. You may also note that pasture raised eggs, have a deep, yellow-orange yolk and are richer in flavor than conventional eggs. <sup>1</sup>

Tomatoes are rich in Vitamin C, Potassium, and Folate, which have several benefits for the heart and throughout the body. Cooked tomatoes, like those in canned, whole tomatoes, are especially dense in lycopene; the cooking process allows for more lycopene to be absorbed into one's body. Lycopene is a carotenoid that is associated with the prevention of lung, prostate, and stomach cancers and with increased bone health. <sup>2</sup>

Olive oil is rich in the dietary fat, monounsaturated fatty acids, which are known for their heart health benefits. It is also praised for its anti-inflammatory and antioxidant qualities. <sup>3</sup>

Garlic and onions are members of the allium family. This family of foods are loaded with antioxidants and cancer fighting components. They are also antibacterial and serve as a prebiotic in one's body, which can aid in digestion. <sup>4</sup>

Bell peppers are dense in Vitamin C, an antioxidant, and Vitamin B6, which can boost your mood and help you get better sleep. <sup>5</sup>

Cumin is a commonly used spice in Mediterranean dishes. Cumin also acts as an antioxidant and can aid in digestion. <sup>6</sup>

#### References:

1. Long, C. & Alterman, T. (2007). Meet real free-range eggs. *Mother Earth News, Oct/Nov 2007 edition*. [Link](#)
2. Bjarnadottir, A., (2019). Tomatoes 101: Nutrition facts and health benefits. *Healthline*. [Link](#)
3. Leech, J. (2020). 11 Health benefits of extra virgin olive oil you can't ignore. Olive Wellness Institute. [Link](#)
4. Kubala, J. (2018). 9 impressive health benefits of onions. *Healthline*. [Link](#)
5. Harvard Health Letter (2018). Vegetable of the month: Peppers. *Harvard Health Publishing*. [Link](#)
6. Kubala, J. (2019). 6 health benefits of cumin. *Medical News Today*. [Link](#)