

## Moroccan-Inspired Shakshuka

Makes 2 servings | Difficulty: Medium

Prep time: 10 mins | Total time: 35 minutes

The word “shakshuka” comes from the Arabic word for “all mixed up,” and that’s exactly what this dish is! Originally from northern Africa, this vibrant mix of vegetables and spices creates an antioxidant powerhouse, best served with crusty sourdough bread. The eggs cooked on top offer a source of protein, while the fresh herbs give a pop of color and brightness. Shakshuka is the perfect vegetarian holiday meal—served day or night.

### Ingredients

- 1 Tbsp olive oil
- 1 teaspoon whole cumin seeds
- 1 small yellow onion, chopped
- 2 clove garlic, minced
- 1 red bell pepper, chopped
- 1-28oz can crushed tomatoes, no salt added
- 1 teaspoon paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon turmeric
- 1/8 teaspoon cayenne pepper (optional)
- 2 large eggs
- Salt and pepper, to taste
- 1 teaspoon feta cheese, optional
- 1 small bunch fresh parsley, chopped
- 2 slices bakery-fresh sourdough bread



Recipe and photo adapted from Salima’s Kitchen (<https://salimaskitchen.com/shakshuka/>).

### Directions

1. Add olive oil to a skillet over medium heat. Add cumin seeds and toast for 1 minute or until they begin to “bloom” and become fragrant.
2. Add onion and chopped bell pepper and cook for 5 minutes or until the onion becomes translucent.
3. Add garlic and spices. Cook for an additional minute.
4. Pour the tomatoes into the pan and bring the sauce to a simmer.
5. Using a spoon, create 2 wells in the sauce for the eggs. Cover the pan and cook for 6-8 minutes, until the eggs are cooked to your liking. Sprinkle with parsley and feta cheese and serve with bread.

Nutrition facts (per serving): 360 calories, 50g carbohydrates, 13g total fat, 3g saturated fat, 210mg sodium, 12g fiber, 15g protein, 1mcg vitamin D, 220mg calcium, 9mg iron, 1530mg potassium