

BONUS

HOMEMADE SHAKSHUKA

By Rachel Lee

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2 tsp. cooking oil
5 eggs
Chopped cilantro (optional)
1 onion, diced
1 red bell pepper, diced
3 cloves of garlic, thinly sliced
1 tsp. ground cumin
1 tsp. paprika
1 (28-oz) can diced tomatoes
1 cup feta cheese

Add some vegetable oil to a cast iron skillet and turn the heat to medium. Wait 3 minutes to allow the pan to pre-heat.

Add in the garlic. Cook for 1-2 minutes, stirring occasionally. Then add the red bell pepper and diced onion. Cook until the onion is caramelized.

Add paprika, cumin and salt and pepper to taste. Stir with the vegetables.

Pour in the can of tomatoes and simmer until the tomatoes have thickened (10-15 min). Stir in the crumbled feta.

Make little wells in the shakshuka, and crack the eggs directly into the wells.

Transfer the skillet to the oven and bake at 375°F for 6-10 minutes.

Cook until the eggs are just set but still runny.

Yield: 3-4 servings

Amount Per Serving:

Calories: 174

Total Fat: 14.2g

Saturated Fat: 7.6g

Cholesterol: 266mg

Sodium: 787mg

Potassium: 675mg

Carbohydrates: 19.5g

Dietary Fiber: 5.3g

Protein: 16g

NUTRITION FACTS