

Spicy Shakshuka

Shakshuka is a wonderful eggs-for-dinner recipe, though in Israel it is often a breakfast or brunch food served with pita or challah on the side. It's a one-skillet recipe of eggs baked in a tomato-red pepper sauce spiced with cumin, paprika and jalapeno pepper (you can make it less spicy if you like). First you make the tomato sauce, which comes together fairly quickly on the stove, and then you gently nestle the eggs into the sauce and let them cook to desired doneness. In my house we try to load on the green veggies, so I also add spinach or chopped kale to the tomato sauce right before I add the eggs.

Ingredients

- 1 Tablespoon olive oil
- 1 small onion, chopped
- $\frac{1}{2}$ small jalapeno, seeded and chopped
- 2 cloves garlic, minced
- 1 (28 oz.) can crushed tomatoes with juice (I like San Marzano)
- $\frac{1}{2}$ cup of water or broth
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon oregano
- $\frac{1}{2}$ teaspoon sea salt
- freshly ground pepper to taste
- 6 large eggs
- $\frac{1}{4}$ cup cilantro or parsley, chopped (optional)

Directions:

1. Saute onion and jalapeno in oil over medium heat, about 3 minutes. Add garlic and sauté another minute. Add tomatoes, broth, and spices and bring to a boil. Lower heat a simmer about 20 minutes uncovered until thickened.

2. Crack eggs into a bowl and add on top of sauce. Cover and cook about 4-5 minutes or until desired doneness (less time for runny yolks).
3. Remove from heat and sprinkle with fresh herbs. Serve immediately right out of the pan with whole wheat pita triangles.

Recipe adapted from www.greennapkinnutrition.com