

Farm Market Recipe



Shakshuka (Eggs Poached in Spicy Tomato Sauce)

Ingredients:

- 2 tablespoons olive oil
- 2 cups chopped red sweet peppers
- ½ cup chopped onion
- 2 tablespoons no-salt-added tomato paste
- 1 teaspoon smoked paprika
- 2 teaspoons crushed red pepper
- 3 cups chopped tomatoes
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 4 eggs
- ½ cup plain low-fat Greek yogurt
- Snipped fresh parsley
- 2 whole-wheat pita bread rounds, halved crosswise and warmed

Directions:

1. In a 10-inch skillet heat oil over medium. Add the next five ingredients (through crushed red pepper). Cook 5 to 7 minutes or until onion is tender, stirring occasionally. Stir in tomatoes, cumin and salt. Bring to boiling; reduce heat. Simmer 10 minutes or until tomatoes begin to break down.
2. Make four indentations in tomato mixture. Break an egg into a custard cup or small bowl and slip into an indentation. Repeat with remaining three eggs. Simmer, covered, 4 to 6 minutes or until whites are completely set and yolks begin to thicken but are not hard.
3. Top with yogurt and sprinkle with parsley. Serve with pita bread.

Nutrition Facts:

Servings: 4 Serving Size: 1 cup

Per Serving: calories 303; protein 15g; carbohydrates 33g; dietary fiber 6g; sugars 11g; total fat 13g; saturated fat 3g; cholesterol 189mg; sodium 410mg.

Recipe from eatingwell.com