

Shakshuka (Eggs baked in spicy tomato sauce)

Serves 4-6

Nutrition per serving – calories: 204

fat: 12 g (saturated: 4g, unsaturated: 8g), carbohydrates: 12g, protein: 11g, fiber: 3g, sugar: 10g

2 tablespoons extra-virgin olive oil
1 onion, halved and thinly sliced
1 red bell pepper, cored and thinly sliced
1 jalapeno, seeded and diced
3 garlic cloves, thinly sliced
1 ½ teaspoon ground cumin
1 ½ teaspoon sweet paprika
1 (28-ounce) can whole plum tomatoes with juices, coarsely chopped
¾ teaspoon salt, more as needed
¼ teaspoon black pepper, more as needed
6 large eggs
2 ounces pasteurized feta cheese, crumbled
Chopped cilantro or parsley for serving
Hot sauce, for serving

Heat oil in a large skillet over medium-low heat. Add onion, bell pepper and jalapeno. Cook gently until very soft, about 15 minutes. Add garlic and cook until tender, one to two minutes; stir in cumin and paprika, and cook for one minute. Pour in tomatoes and season with ¾ teaspoon salt and ¼ teaspoon pepper; simmer until tomatoes have thickened, about 10 minutes.

Using a large spoon, make a well near the perimeter of the pan and break an egg directly into it. Spoon a little sauce over edges of egg white to partially submerge and contain it, leaving yolk exposed. Repeat with remaining 5 eggs, working around pan as you go. Season eggs with a little salt and pepper. Scatter the cheese on top, cover, reduce heat to low and cook until* egg whites are set and yolks are hard, about five to eight minutes.

Sprinkle with cilantro or parsley.

*Non-pregnant individuals can cook eggs until the white is set and the yolk soft.