

Shakshuka

Ingredients

- 2 tbsp extra virgin olive oil
- 1 large yellow onion (halved and thinly sliced)
- 1 medium zucchini (halved and thinly sliced)
- 3 cloves of garlic smashed
- 1 tsp ground cumin
- 1 tsp paprika
- 1/8 tsp cayenne, to taste (1/8 to 1/4 tsp, to taste)
- 28 oz of whole plum tomatoes with their juices (coarsely chopped)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 cup of feta cheese crumbled
- 8 eggs
- 1/4 cup fresh cilantro or basil (chopped, for serving)

Instructions

1. Preheat oven to 375°F.
2. Heat the oil in a large heavy skillet over medium heat. Add the onions and zucchini, and sauté for 8–10 minutes until tender. Add the garlic and cook for 1 minute, then add the cumin, paprika, and cayenne, and cook for 1 more minute.
3. Add the tomatoes, salt, and pepper and simmer until the tomatoes have thickened about 10 minutes. Stir in the cheese.
4. Gently crack the eggs into the skillet, spreading them evenly over the tomatoes. Season with a pinch of coarse salt. Transfer the skillet to the oven and bake until eggs are just set, 7–8 minutes
5. Sprinkle with the fresh herbs and serve immediately.

Flavor Booster: Use smoked paprika instead of regular paprika. Serve with hot pepper sauce such as Tabasco, sriracha, or harissa.

Shakshuka is a traditional breakfast dish from North Africa and the Middle East. Try this on a Saturday morning instead of the traditional American breakfasts!

From: <https://www.diabetesfoodhub.org/recipes/north-african-shakshuka.html>



Nutrition Facts

8 Servings

Serving Size 1 cup

Amount per serving

Calories**160****Total Fat** 10g

Saturated Fat 3g

Cholesterol 190mg**Sodium** 320mg**Total Carbohydrate** 10g

Dietary Fiber 3g

Total Sugars 5g

Protein 9g**Potassium** 490mg

Choices/Exchanges: 2 Nonstarchy vegetable, 1 Fat



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