



Shakshuka

MyPlate2Yours - Lynn Dugan

Ingredients

1/4 cup olive oil
1 jalapeño, seeded and minced
1 small yellow onion, diced
1 green pepper, diced
5 cloves garlic, minced
1- 28 ounce can crushed tomatoes
4-6 eggs
1 tablespoon paprika
1 teaspoon ground cumin
1 tablespoon flat leaf parsley, chopped for garnish
Salt to taste
Whole grain pitas (gluten free, if needed), 4 each

Directions

Heat oil in a large skillet over medium heat. Sauté onion and peppers until soft, about 5 minutes. Add garlic and spices, and cook another 2 minutes. Add tomatoes and simmer for 15 minutes. Add salt to taste, if needed. Crack eggs over sauce. Cover skillet and cook until eggs are just set, about 5 minutes. Garnish with parsley. Serve in bowls with pita bread. Enjoy!