

Shakshuka (Braised Eggs)

(Makes 5 servings)

1 T canola oil
2 Poblano peppers, finely chopped
1 Onion, large, finely chopped
1/4 t salt
1/2 t cayenne pepper
1/2 t ground cumin
1, 28oz. Can whole tomatoes
2 T garlic, minced
5 Eggs
1/2 cup feta or queso fresco cheese, crumbled
Cilantro to taste



Heat oil in a large pan on medium high heat for 30 seconds then add peppers and onions and cover. Stir every minute. While onion and peppers are cooking, pour can of tomatoes in a bowl and squish each tomato into smaller, bite sized pieces. Add salt, cayenne, and cumin to the pan and stir for 30 seconds. Add tomatoes and garlic and cover until mixture starts to boil. Reduce heat to medium, uncover. One by one, crack an egg into a small bowl, ensure there is no shell in the egg and add whole to the pan, leaving at least 2 inches between each yolk. Cover and heat for an additional 4 minutes. Spoon an egg and sauce into bowls and top with cheese and cilantro.

Baking directions: Preheat oven to 400°F. Pour tomato mixture into a baking dish, crack eggs and place separated on top. Cover dish and bake for 25 minutes or until desired egg doneness.

Nutrition per serving: 200 calories, 13g carbohydrate, 4g fiber, 11g fat, 10g protein. Sodium 520mg. Excellent source of Vitamin A and C. Good Source of Calcium.



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