



# Recreation and Wellness Center

UNIVERSITY OF COLORADO  
COLORADO SPRINGS

## Shakshuka

### Ingredients:

Makes about 6 servings

- 1 tbsp olive oil
- ½ onion, peeled and diced
- 1 clove garlic, minced
- 1 bell pepper, seeded and chopped
- 2 cans (14 oz) diced tomatoes
- 2 tbsp tomato paste
- 1 tsp mild chili powder, cumin, and paprika
- Pinch of cayenne pepper
- Pinch of sugar (optional)
- Salt and pepper, to taste
- 6 eggs
- ½ tbsp. fresh chopped parsley (optional)



Nutritional info (per serving): Calories: 129, Fat: 7g, Protein: 7g, Carbohydrate: 10g, Fiber: 2g, Sodium: 343mg, Potassium: 494mg

### Directions:

1. Heat a large skillet or sauté pan on medium and slowly warm olive oil in the pan. Add chopped onion, sauté for few minutes until it begins to soften. Add garlic and continue to sauté until mixture is fragrant.
2. Add the diced bell pepper, sauté for 5-7 minutes until softened.
3. Add diced tomato and tomato paste, stir until blended. Add all the spices and sugar, stir, and allow mixture to simmer over medium heat for 5-7 minutes until it starts to reduce.
4. Add more spice according to your preferences.
5. Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce. The eggs will cook “over easy” style on top of the tomato sauce
6. Cover the pan. Allow the mixture to simmer for 10-15 minutes, or until eggs are cooked and the sauce has slightly reduced. Keep an eye on the skillet to make sure that the sauce doesn’t reduce too much, which can lead to burning.
7. Garnish with chopped parsley.

#### What is it?

- A delicious and easy one-skillet egg dish made on the stovetop
- Commonly eaten in Israel and Middle Eastern countries for breakfast
- Vegetarian, gluten free, healthy, and budget friendly dish for any time of the day!

#### More options

- Replace eggs with chickpeas for vegan option!
- Add any vegetables that you have in your fridge! Options are endless!
- Challenge using hummus, falafel, cheese, grains (brown rice, farro, quinoa), etc. into the dish for more deliciousness!

Interested in learning more about nutrition and health? Call the Wellness Center at 255-4444 and schedule an appointment with one of our dietitians.