

Easy Shakshuka

Shakshuka is a North African and Middle Eastern dish. It is typically made with canned tomatoes, peppers, onions, and spices all simmered together. Eggs are carefully dropped into the simmering liquid and allowed to poach. This version uses jarred spaghetti sauce and leftover vegetables. If you don't have any leftover vegetables, you can use chopped cooked spinach or just sautéed onions. This recipe serves two, but you can easily adjust it for more people. You can also use oven-proof, single-serve dishes and bake in the oven as opposed to the stove top.

Serves 2 **Serving size:** 2 eggs + 1/2 of sauce **Prep time:** 5 minutes **Cook time:** 15 minutes **Total time:** 20 minutes

Ingredients

- 2 cups leftover roasted vegetables, chopped (or chopped sautéed spinach)
- 2 cups jarred spaghetti sauce*
- 4 eggs
- 2 Tablespoons chopped parsley (optional)
- Serve with toasted bread (optional)

*When selecting spaghetti sauce, look for one that is low in added sugar. Aim for one that is 50–60 calories per half cup.



Directions

1. In a large pan, heat the vegetables over medium heat.
2. Add spaghetti sauce and continue to heat, stirring occasionally.
3. Turn the heat down a bit and carefully add the eggs on top of the sauce mixture.
4. Cover and cook until the eggs are to your level of doneness (6–10 minutes).
5. Serve in the sauté pan or dish out into individual bowls.
6. Top with parsley. Serve with toasted bread.

Nutrition Facts

Serves 2	
Serving size: 2 eggs + 1/2 of sauce (410g)	
Amount per serving	
Calories	356
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 469mg	156%
Sodium 516mg	21%
Total Carbohydrate 36g	12%
Dietary Fiber 11g	42%
Total Sugars 4g	
Protein 24g	49%
Vitamin D 103mcg	26%
Calcium 137mg	14%
Iron 4.7mg	26%
Potassium 856mg	24%
Phosphorus 428mg	43%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition facts reflect the recipe without the optional bread.