



Cost: 

Ease: 

Health Benefit:

Shakshuka is rich in fiber, antioxidants, and protein thanks to tomatoes, spices, and eggs, supporting heart health, sustained energy, and overall nutrient balance.

Shakshuka

Ingredients

- 2 tbsp olive oil
- 1 medium onion, thinly sliced
- 1 red bell pepper, diced (optional)
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp sweet paprika
- ¼–½ tsp cayenne or chili flakes
- 1 can crushed or diced tomatoes
- Salt and black pepper, to taste
- 4–6 eggs
- 2 tbsp chopped parsley or cilantro
- Crusty bread or pita, for serving
- Optional: crumbled feta or cooked chickpeas

Directions

1. Heat olive oil in a skillet over medium heat. Cook the onion and bell pepper until softened.
2. Add garlic, cumin, paprika, and cayenne, and stir until fragrant.
3. Pour in tomatoes, season with salt and pepper, and simmer until slightly thickened.
4. Make small wells in the sauce and crack the eggs into them. Cover and cook until the whites are set and the yolks reach your preferred doneness.
5. Top with herbs and serve with bread or pita.