



SAVORY POACHED EGGS (SHAKSHUKA)^o

SERVES: 4 (approx. 2 eggs and 1 cup sauce each) **Prep Time:** 20 min. **Cooking Time:** 41 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1 1 1



Shakshuka is a dish that arrived in Israel by way of North Africa and simply means “mixture.” Perfect anytime of day, particularly breakfast, there’s a reason why this dish has been popping up on the menus of trendy diners across the country.

1 (35-oz.) can whole peeled tomatoes
1 Tbsp. olive oil
1 cup chopped onion (approx. 1½ medium)
6 cloves garlic, finely chopped
1½ tsp. ground cumin
1 tsp. ground coriander
1½ tsp. ground caraway
1 Tbsp. ground smoked paprika
¾ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
2 cups chopped bell pepper (approx. 2½ medium)
1 medium jalapeño pepper, seeds and veins removed, chopped
¼ cup water
2 cups coarsely chopped kale
8 large eggs
40 whole kalamata olives, chopped
¼ cup chopped fresh parsley (for garnish; optional)
4 (4-inch) whole wheat pitas

1. Place tomatoes in a medium bowl; crush by hand (or pulse in food processor or blender) to achieve slightly chunky consistency. Set aside.
2. Heat oil in large skillet (or cast iron pan) over high heat, until fragrant.
3. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until lightly browned. Reduce heat to medium.
4. Add garlic, cumin, coriander, caraway, paprika, salt, and pepper; cook, stirring frequently, for 1 minute.
5. Add bell pepper, jalapeño, and water; cook, stirring frequently, for 3 to 5 minutes, or until soft.
6. Add kale and tomatoes. Bring to a boil. Reduce heat to medium-low; gently boil, stirring occasionally, for 10 minutes.
7. Use a spoon to make eight small wells in tomato mixture. Crack an egg into each well as you go; gently boil, covered, for 10 to 14 minutes, or until eggs have reached desired doneness. (I prefer mine with runny yolks, so about 10 minutes.) Remove from heat.
8. Garnish with olives and parsley, if desired. Serve with one pita. Enjoy!

RECIPE NOTE:

Many Italian brands have 35-oz. cans of tomatoes. If you can't find one, use a 28-oz. can plus half of a 14-oz. can.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 401 **Total Fat:** 24 g **Saturated Fat:** 4 g **Cholesterol:** 366 mg **Sodium:** 1,569 mg **Carbohydrates:** 31 g **Fiber:** 7 g **Sugars:** 12 g **Protein:** 18 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.