

## **Dr. Maryam Yuhas' Shakshuka (Mediterranean Diet-Friendly)**

### **Shakshuka**

Shakshuka is a traditional Mediterranean dish with roots across North Africa and the Middle East, with countries having their own unique variation.

### **Ingredients**

- 1/4 cup of olive oil
- 1 chopped onion
- 1 chopped red bell pepper
- 3 cloves of garlic
- 1 tablespoon of tomato paste
- Mix of spices (about 1 teaspoon each). Feel free to mix any combination—even just salt and pepper!
  - Cumin
  - Coriander
  - Paprika
  - Chili powder
  - Red Chili flakes
  - Salt
  - Black pepper
- Blend of roma and cherry tomatoes (15 oz)
- 4-5 eggs (to poach)
- Spinach (about a handful)
- Parsley and/or other fresh herbs

### **Substitution**

For a vegan-friendly twist, you can replace the eggs with chickpeas.

### **Optional Additions**

- Spoonful of yogurt and crumbled feta cheese
- Jalapeño pepper (any amount to your liking)
- Lentils (any amount to your liking)

### **Directions**

Begin with 1/4 olive oil in a pan, medium high heat.

Throw in onion, red bell pepper, and garlic. Sauté until soft.

Add tomato paste and spice mix.

Mix in roma and cherry tomato blend, then simmer down to a rich sauce.

Throw in spinach.

Next, add eggs to poach for 4-5 minutes.

Add parsley or other fresh herbs.

Serve with a hearty, whole-grain toast (Dr. Yuhas prefers multigrain sourdough!)