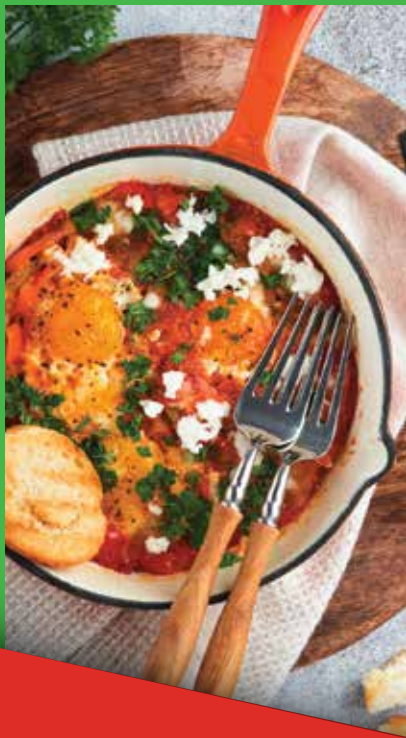




ONE-POT WHITE BEAN SHAKSHUKA

RECIPE MAKES 4 SERVINGS
SERVING SIZE = $\frac{3}{4}$ cup

NUTRITION INFORMATION

Calories: 246

Total Fat: 5 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 251 mg

Total Carbohydrate: 46 g

Fiber: 31 g

Sugars: 2 g

Protein: 14 g

Marion County Public Health Department

NUTRITION SERVICES



WHAT IS SHAKSHUKA?

Shakshuka is an easy, nourishing versatile meal that is great any time of day. It's a simple combination of simmering tomatoes, onions, garlic, spices and gently poached eggs or other toppings. Best of all, only one pan to wash!

Are you trying to include more vegetables in your meals, add some chopped peppers or other vegetables when sauteing the onion and garlic. Make it vegan by topping with hummus. Create an Italian version by replacing the cumin and chili powder with basil and rosemary.

INGREDIENTS

2 Tbsp extra virgin olive oil
1 yellow onion, finely chopped
3 cloves garlic, minced
3 cups raw spinach
28 oz can diced or crushed tomatoes
2 tsp smoked paprika
1 tsp ground cumin
1 Tbsp chili powder
15 oz can cannellini beans, drained and rinsed
Eggs, hummus, feta cheese or light cream cheese for topping

DIRECTIONS

Warm the olive oil in a large skillet over medium heat. Add the onions and cook until transparent. Add the garlic and cook for a few more minutes, until fragrant. Then add the spinach, cover and cook for about 3 to 5 minutes, until wilted down.

To the skillet, add the tomatoes and their juices. Add the smoked paprika, cumin, chili powder. Stir to combine and allow the sauce to come to a simmer. Add the white beans and cook until heated through. If using eggs, create a well in tomato mixture and crack egg into well. Cover and simmer until eggs reach desired doneness. If using other toppings, remove from the heat and set aside.

Top with dollops of hummus, lite cream cheese, or feta cheese. Serve warm with toasted bread and enjoy!

If you would like to speak to a dietitian or are interested in nutrition programming call: 317-221-7512 or 317-221-7403