



SHAKSHUKA

PREP TIME: 5 minutes

SERVING SIZE: 1 bowl

COOK TIME: 20 minutes

SERVES: 2

INGREDIENTS

- 1 medium onion, chopped
- 4 Roma tomatoes, chopped
- 2 green bell peppers, chopped
- 1 tablespoon of olive oil
- 1 tablespoon of tomato paste
- 1 egg
- 1/3 cup of egg whites
- 1 teaspoon of paprika
- Optional: 1 slice of whole grain bread

PREPARATION

1. Heat a large pan over medium heat.
2. Add olive oil, onion, and sauté for 3 minutes or until golden.
3. Add chopped tomatoes, bell peppers, paprika and salt and cook for 5 minutes while stirring regularly.
4. Add egg and egg white on top of vegetables and cover and let cook for 5-10 minutes.
5. When egg looks cooked, remove from heat and serve in plates with optional whole grain bread on the side.

ADAPTED FROM

walderwellness.com

Recipe modified by CHOICES Nutrition Education Program

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Nutrition Facts	
2 servings per container	
Serving size	2 cups (449g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 120mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 1mcg	6%
Calcium 65mg	6%
Iron 2mg	10%
Potassium 880mg	20%

*The % Daily Value 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.



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SHAKSHUKA

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 bowl

TIEMPO PARA COCINAR: 20 minutos

PORCIONES: 2

INGREDIENTES

- 1 cebolla mediana, picada
- 4 tomate roma, picada
- 2 pimentón verde, picada
- 1 cucharada de aceite de olivo
- 1 cucharada de pasta de tomate
- 1 huevo
- 1/3 taza de clara de huevo
- 1 cucharadita de pimiento picante molido
- Opcional: 1 rebanada de pan integral



PREPARACIÓN

1. Caliente un sartén grande a fuego medio.
2. Agregue el aceite de oliva, la cebolla y saltee durante 3 minutos o hasta que estén doradas.
3. Agregue tomates picados, pimentón, pimentón molido y sal y cocine por 5 minutos mientras revuelve regularmente.
4. Agregue el huevo y la clara de huevo encima de las verduras y cubra y deje cocinar durante 5-10 minutos.
5. Cuando el huevo parezca cocido, retírelo del fuego y sívalo en platos con pan integral opcional a un lado.

ADAPTADA DE

walderwellness.com

Receta modificada por CHOICES Programa Educativo de Nutrición

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