



Shakshuka Baked Eggs



Shakshuka (shahk-SHOO-kah) is a popular Middle Eastern breakfast dish that also makes a great dinner. The name means “all mixed up” in Hebrew. This recipe comes to us from [Sweet Roots](#), a ready-to-cook recipe delivery service that helps families with special dietary needs.

Ingredients: (serves 6)

- 4 cloves garlic, minced
- 1 small onion, finely chopped
- 2 tbsp. tomato paste
- 1 1/4 tsp. cumin
- 1 1/4 tsp. smoked paprika
- 1 1/2 tsp. turmeric
- 4 1/2 cups crushed tomatoes
- 2 1/2 tsp. apple cider vinegar
- 3 cups chickpeas, cooked
- 12 eggs, whole
- 1/4 lb. feta cheese, crumbled
- 1/2 cup basil, chopped

Instructions:

Adult: Preheat the oven to 350.

Adult: In a large oven proof skillet over medium heat, add olive oil.

Together: Add the garlic, onion, tomato paste and spices and sauté for two minutes. Reduce heat to medium low.

Together: Stir in the crushed tomatoes, apple cider vinegar and chickpeas. Simmer for 3-4 minutes, until the sauce slightly thickens.

Together: Remove skillet from heat.

Kid: With the back of a spoon, make an indentation for each egg in the sauce.

Together: Crack an egg into each indentation, then drag the spoon gently through the egg whites so it swirls through the tomato sauce, but keeping the yolks intact.

Together: Bake for 15-17 minutes.

Kid: Top the shakshuka with the feta and basil. Season with salt and pepper to taste.

Food For Thought!



Although this recipe is meant to be cooked in a large skillet, in North Africa, shakshuka is commonly cooked in an earthenware dish called a tajine. The dish has two parts: a circular base for the food and a cone-shaped lid designed to return any water that evaporates during cooking back to the dish. Many are painted by skilled artists and considered special works of art.

Cooking Tip of the Week

How do you like your egg yolks? If you prefer them well-done, cook this dish on the long side. But if you like them a bit runny, keep an eye on the time and remove the dish from heat as soon as the whites have set.

Conversation Starter

If you could change your age, what age would you like to be instead? Why?



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