

Green Shakshuka



Sirve:

6-8 servings

Pieza:

6 Qt. Grand Gourmet with Cover (Limited Edition)
Saladmaster Food Processor

Valora: ☆☆☆☆☆

Contribuido por:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Agregar un Comentario](#)

Descripción de la Receta:

Shakshuka a one pot tomato-based dish with eggs, poached in the sauce is popular in Middle East and Northern African cuisines. This green version uses shaved Brussel sprouts and a variety of dark leafy greens as the base.

1 medium
onion, strung, use Cone #2
1 leek
thinly sliced
1 ½ lbs
Brussels sprouts, shaved, use Cone #4
(680
g)
2 cloves
garlic, shredded, use Cone #1
1 tsp
cumin, ground
(6
g)
1 tsp
natural salt
(5
g)
6 cups

assorted baby greens, kale, arugula, spinach

6 each

eggs, large

$\frac{1}{2}$ cup

walnuts, chopped

(65

g)

1 tbsp

aged balsamic vinegar

(14

g)

Preparación :

1. Preheat Grand Gourmet on medium heat for 5 minutes or until water skitters and dissipates
2. Saute onion and leeks for 2-3 minutes. Add Brussels sprouts, garlic, cumin and salt saute for 2 minutes.
3. Add in baby greens a little at a time, tossing to combine with other ingredients until they are all incorporated.
4. Make 6 indents in vegetables with back of a spoon. Crack eggs, one at a time into a small bowl and gently pour one egg into each hole. Cover pan with lid and cook for about 5 minutes or until they are cooked to your desired doneness.
5. Sprinkle chopped walnuts over top and drizzle with balsamic vinegar.

Consejos:

- Add in diced ham or bacon
- Substitute baby greens for your favorite greens, cleaned and chopped into bite sized pieces.
- Add in a little spice; minced 1-2 jalapeno pepper and saute with onions.
- Substitute aged balsamic vinegar for a drizzle of yogurt & chopped cilantro..
- Substitute aged balsamic vinegar for a hot sauce or sriracha.

Calorías: 296

Grasa: 18g

Grasa 5g

Saturada:

Colesterol: 56mg

Sodio: 321mg

Carbohidrato: 13g

Fibra: 7g

Azúcar: 8g

Proteína: 22g
