

Shakshuka with Veggies

4 eggs
1 onion, finely chopped
4 cloves garlic, finely chopped
1 zucchini, cut into thin slices
1/2 eggplant, cut into cubes
1/2 rutabaga, peeled and cut into small chunks
2 red bell peppers, cut into thin strips
4 large tomatoes (or a can of diced tomato)
3 tablespoons coconut oil
Himalayan sea salt and freshly ground pepper
4 scallions, chopped
Fresh cilantro, for topping



1. In a large skillet, heat oil over medium-high heat and fry the onion and garlic. Add the zucchini, rutabaga cubes, eggplant, and bell peppers and half a cup of boiled water. Simmer for 10 minutes over medium heat and stir from time to time.

2. In the meantime, blanch the tomatoes in a pot of boiling water. Soak in cold water, then peel off the skin. Chop tomatoes into small pieces and add to the skillet with the vegetables. Adjust seasoning and simmer for 10 minutes, until thickened.

3. Crack the eggs evenly on top of the sauce. Simmer at low heat until the white is just set and the yolk is still runny. Serve hot, topped with chopped scallions and fresh cilantro.

Serving size is 2 eggs and 1 cup cooked vegetables.