

Avocado

SHAKSHUKA

SUPERFOOD



PORTION: 1 individual skillet
SERVES: 6

INGREDIENTS

For the Sauce:

2 tsp Olive Oil

1/4 cup Shallots, Peeled and Minced

1 tsp Minced Garlic Cloves

1 1/2 tsp Ground Cumin

1 1/2 tsp Ground Cinnamon

3 lb, 8 oz Canned Crushed Tomatoes,

(No Salt Added)

For the Crema:

1/4 cup Frozen Avocado Pulp

1/4 cup Fat Free Greek Yogurt

For the Shakshuka:

18 ea Wheat Crackers

1/2 tsp Salt

12 ea Separated Eggs, White Only

2 cup Avocado, Diced

METHOD

1. Make the Cumin Spiced Tomato Sauce: Sweat shallots and garlic in olive oil until translucent. Add cumin and cinnamon and cook until fragrant. Add crushed tomatoes and bring mixture to a simmer. Let cook for 30 minutes, or until thick and reduced.
2. Make the Avocado Crema: Combine yogurt and avocado in food processor.
3. Make the Shakshuka: Add Cumin Spiced Tomato Sauce to each greased oven proof skillet. Make two indentations in the sauce, add 2 egg whites into the pan and season, dividing the salt evenly across. Bake at 350F until whites are just beginning to set at the edges, about 4 minutes. Remove from oven and top with diced avocado. Place back into oven and bake until whites are entirely set, about 6 additional minutes. Garnish with a dollop of Avocado Crema. Serve alongside brown rice crackers, or another whole grain alternative.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
300	16g	1.5g	32g	15g	10g	410mg