

Shakshukah

Eating foods high in vitamin C as part of our meal, helps us absorb more iron from our food, helping to prevent anemia. Bell Peppers are an excellent source of vitamin C.

- 1 1/2 Tablespoons canola oil
- 3 medium onions, chopped
- 5 fresh tomatoes or 1-15oz can
- 2 Red peppers (sweet), chopped
- 1 hot pepper, finely chopped (optional)
- 1 cup zucchini, cut into small cubes
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon cumin, ground
- 1 teaspoon sugar
- 4 eggs

1. Sauté the onion in oil in a 10- or 12-inch fry pan.
2. Add the vegetables, spices and sugar. Cook for about 15 minutes on low heat with the lid halfway on pan, stirring frequently.
3. Crack each egg on top of the hot tomato mixture in a separate place. Cover and continue cooking on low heat until the eggs are cooked to the desired firmness.

Note: You may use any vegetable you like in this dish. Spinach and eggplant work well together.

Servings:	4
Serving Size:	1/4 recipe
Calories	208
Total Fat	10g
Saturated Fat	2g
Cholesterol	186mg
Sodium	86mg
Total Fiber	5g
Protein	10g
Carbohydrates	20g
Potassium	779mg