



Add Lots of Healthy Garden Greens

Green Shakshuka

A North African dish with flavorful sauce welcomes any vegetable

- 2 Tablespoons olive oil, divided
- 2 zucchini, sliced ½ inch thick
- 1 cup broccoli tops, sliced, washed; sliced
- 1 Tablespoon crushed coriander seeds
- 1 teaspoon ground cumin or (1/2 Tbsp. cumin seeds)
- Bunch green onions cut 2-inch pieces
- 2 to 3 celery stems, washed; sliced ½ inch thick
- 5 ounces baby spinach, rough chop
- 1 to 2 Tablespoons all-purpose flour
- 3 or 4 eggs
- 1 cup chopped cilantro, divided
- 1 cup chopped parsley, divided

1 avocado, sliced
1/2 cup pitted sliced black olives
7 ounces crumbled Feta cheese
Salt; ground black pepper; chili flakes as desired
Olive oil as desired

Brown Vegetables: Heat 1 Tablespoon oil in large sauté pan; add zucchini slices; cook browning on both sides; remove from pan. Add broccoli; cook until light brown on both sides but not tender. Set aside.

Steam Vegetables: Place remaining 1 Tablespoon oil in large sauté pan; add seeds and seasoning; cook over medium heat for 1 minute; stirring constantly; then add white part of green onions and celery. Lower heat to medium. Cover pan; sauté for several minutes to steam veggies

Adding Vegetables: . Turn on med.high heat; add spinach to pan; mix with spatula; mix in green parts of onions; reserved zucchini and broccoli. Stir in flour with vegetables if needed.

Add Eggs: Create three or four holes to bottom of pan for cooking each egg. Raise the temperature to medium high; break eggs in holes to cook. Add half of cilantro and parsley; do not cover the eggs. Cover pan, allowing a slight opening; cook for about 6 to 8 minutes; then remove cover; cook for additional 2 minutes or as desired. Carefully use spatula to remove greens and eggs to serving plates. Keep eggs whole while plating.

To Serve: Arrange sliced avocados, black olives, and Feta cheese on serving plate. Sprinkle dish with salt, black pepper, and chili flakes as desired. Dot with olive oil. Garnish with remaining parsley and cilantro.
Serves: 2 to 4

Recipe by: Chef Shimi Aaron – Internet Mideast/African Cooking Class

About the Recipe: Shakshuka is a North African dish, featuring eggs that are poached in a lightly spiced tomato sauce, and is usually served for breakfast or lunch. This recipe highlights the versatility of the recipe by using a variety of different greens. It's quick to make plus you can just add your own spin on it but remember to serve some delicious bread with it for dipping.

