



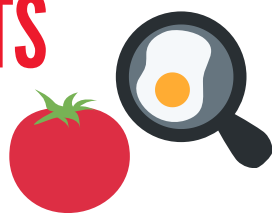
# JERSEY TASTES!

## RECIPES

### *Shakshuka: Eggs Poached in Tomato Sauce*

## INGREDIENTS

### FAMILY-SIZE SERVES 4



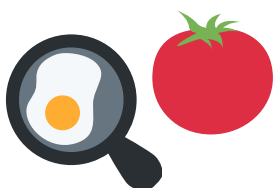
- 1/4 white or yellow onion, diced
- 1 tbsp olive oil
- 2 tsp minced garlic
- 28 oz canned crushed tomatoes
- 1/2 tsp salt
- 1/2 tsp paprika
- 1/2 tsp ground cumin
- 1/4 tsp pepper
- 1/4 tsp crushed red pepper flakes, optional
- 4 eggs
- Chopped fresh parsley or basil

### SCHOOL FOOD SERVICE # PORTIONS: 24

- 1.5 medium onions, diced
- 1/3 cup vegetable oil
- 2 tablespoons garlic, minced
- 1.75 #10 cans crushed tomatoes
- 1 teaspoon salt
- 1 tablespoon paprika
- 1 tablespoon cumin
- 1/2 teaspoon pepper
- 2 teaspoons red pepper flakes, optional
- 2 dozen large eggs
- 1/2 cup fresh basil or parsley, chopped

#### Portion Size:

**PORTION SIZE: 1 Egg & 3/4c Sauce**  
**1 Serving = 2oz. Meat Alternate;**  
**3/4 cup Vegetables/Red-Orange**



## DIRECTIONS

**01** Sauté onions in oil until soft. Add garlic. Stir frequently for about 2 minutes until garlic is golden.

**02** Combine onions & garlic w/ crushed tomato, salt, paprika, cumin, pepper & optional red pepper flakes. Stir until all seasonings are blended with tomatoes. Heat sauce in pan for 5 minutes.

**03** Create wells or holes for each egg. Crack 1 egg into each well. Cook on stove top, in tilting skillet or in oven at 350°F. Cook for 8-12 minutes or until whites are set but yolks are runny.

**04** Sprinkle basil or parsley over eggs & sauce. Serve over potatoes or toast.

*Fun Fact:  
With their seeds  
on the inside,  
tomatoes are  
actually  
considered a  
fruit!*