

JERSEY TASTES!

RECIPES

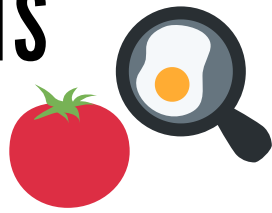


Shakshuka



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

DIRECTIONS

- 1 Sauté onions in oil until soft. Add garlic. Stir frequently for about 2 minutes until garlic is golden.
- 2 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.
- 3 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.
- 4 Sprinkle basil or parsley over eggs & sauce. Serve over potatoes or toast.

Portion Size:

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

