



# Quick Shakshuka with Collards

Prep Time 10 mins  
 Total Time 30 mins  
 Meal Type Breakfast,Lunch,Dinner  
 Contributed By



Source Living Plate Teaching Kitchen

Servings 3



## Ingredients

lb,c g,ml

- 1 1/2 lb tomato sauce (Raos' is our favorite brand)
- 1 Tbs olive oil
- 8 cups collards, *spines removed and chopped*
- 1/2 cups basil, fresh, *chopped* (optional)
- salt, *to taste*
- black pepper, *to taste*
- 6 large eggs

## Directions

### Prep

1. Remove spins from collards and chop leaves.

### Make

1. Heat olive oil in a 12-inch non-stick skillet with sides over medium heat. Add collards and sauté until softened and bright green – about 2 minutes. Reduce heat to low.
2. Add tomato sauce and stir.
3. Make 6 wells, one at a time, and drop eggs into wells in a circle. Make sure heat is low then cover and cook until eggs are cooked through.
4. If you prefer, you can scramble eggs into shakshuka too. Just make sure eggs are completely cooked before serving.
5. Season with salt and pepper and top with fresh basil if desired.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>396</b>	<b>Total Fat</b> 27.3g	42%	<b>Total Carbohydrates</b> 17g	5%
		Saturated Fat 5.6g	28%	Dietary Fiber 6g	22%
		Trans Fat 0.0g		Total Sugars 8g	
		<b>Cholesterol</b> 372mg	124%	<b>Protein</b> 19g	
		<b>Sodium</b> 921mg	40%		
Vitamin D 2mcg 20% · Calcium 322mg 32% · Iron 3mg 15% · Potassium 1026mg 21%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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