

Shakshuka with Swiss Chard

Shakshuka is a dish of poached eggs in a stew of red peppers and tomatoes. It is eaten all over the Middle East with many variations. I like this version when my garden is overrun with Swiss Chard. It is typically spicy and you can make it your own with various ingredients. What makes it special is the spicy flavor that surprises you. Use ground or crushed red pepper or paprika, depending on what is in your spice cabinet. In Israel it is often eaten for breakfast, but I like it for a hearty supper.

1 medium	onion, diced	1 sprig	rosemary
2 Tablespoons	olive oil	1 14.5 ounce can	diced tomatoes
2 cloves	garlic, minced	½ teaspoon	salt
1 teaspoon	crushed red pepper flakes	¼ teaspoon	pepper
1 teaspoon	smoked paprika	8 cups	Swiss chard greens, chopped
	Swiss chard stems (from greens below), diced	6	large eggs
1 or more	red/yellow bell pepper, diced	2 Tablespoons	assorted garden herbs (oregano, basil, tarragon, savory)
1 sprig	thyme		

- 1 Separate the stalks from the greens of the Swiss chard and prep the veggies, while the onion is cooking. Preheat oven to 375°.
- 2 In a large wide skillet or brazier, cook the onion in the olive oil on medium-low heat until translucent. Stir in garlic, crushed red pepper and smoked paprika for a minute until the aroma wafts. Immediately add the Swiss chard stems, the red pepper, the tomatoes, thyme, rosemary, salt and pepper. Cover the mixture and simmer the sauce on low heat for another 20 minutes or so... until the vegetables are tender and the sauce is thickened and has a nice aroma.
- 3 Place the Swiss chard leaves under the pepper-tomato mixture. To accomplish this, push the mixture over to one half of the skillet and place half the Swiss chard leaves on the empty space. Top the tomato mixture on top the Swiss chard leaves and put the other half of Swiss chard leaves on the new empty side. Put ½ the tomato mixture on top of the remaining Swiss chard leaves until they are all covered evenly. Cover and cook on low for about 5 minutes to wilt the Swiss chard leaves.
- 4 Pull the skillet off the heat and make 6 indentations in the tomato mixture, 5 around the edge and one in the middle. Make sure there is a large enough hole to hold the egg. In a small cup, crack an egg being careful to keep yolk whole. With the cup next to each hole, pour the egg from cup into the hole. Repeat this with all 6 eggs. Place in 375° oven and bake until the yolks are just set, about 8 minutes. Sprinkle herbs over the dish and serve immediately.

Servings: 3

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Total Time: 40 minutes

Oven Temperature: 375°F

Nutrition Facts

Nutrition (per serving): 308 calories, 176 calories from fat, 19.7g total fat, 423mg cholesterol, 951.3mg sodium, 991.1mg potassium, 19.1g carbohydrates, 6.1g fiber, 9.3g sugar, 16.8g protein.

Source

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