

Shakshuka

Servings: 8

Fresh Cherry Tomato Sauce

8 eggs

Olive Oil Chive Drizzle

Make Cherry tomato sauce or crack open your favourite bottle and heat. Preheat oven to 375 F or 350 F convection. Ladle sauce into individual baking dishes.

Top with an egg and bake for 10-15 minutes until egg is cooked to desired firmness.

Drizzle with chive oil.

The name means "mixture" and this recipe accomodates just about any sauce topped with egg and baked. I use Fresh Cherry Tomato Sauce unless I am in a bind when a good bottled version will do!

Per Serving (excluding unknown items): 369 Calories; 32g Fat (78.4% calories from fat); 8g Protein; 12g Carbohydrate; 2g Dietary Fiber; 212mg Cholesterol; 324mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 6 Fat; 0 Other Carbohydrates.

Fresh Cherry Tomato Sauce

Theresa Albert



Servings: 8

*1/4 cup extra virgin olive oil
1 medium onion, chopped
1 tablespoon honey
2 cloves garlic, minced
8 cups cherry tomato
1/2 tablespoon fresh oregano, crushed
1/4 cup red wine
salt and freshly ground pepper, to taste*

Preparation Time: 5 minutes

In a large skillet over medium-high heat, warm oil. Add onion saute 3-5 minutes add honey and cook another 2 minutes. Stir in garlic for 1 minute. Add tomatoes, oregano, and red wine, stir well. Simmer, uncovered, over low heat until tomatoes burst and sauce is thick (about 20 minutes). Stir occasionally to prevent sticking and season to taste with salt and pepper.

There is nothing like the sweet juicy fresh cherry tomatoes of summer. When I get a bumper crop, I like to make a quick sauce and freeze it in small serving sizes. It can become a sauce for shakshuka at breakfast, sandwich spread at lunch, brie topper...

Cool, cover, and store in refrigerator up to 1 week.

Per Serving (excluding unknown items): 111 Calories; 7g Fat (57.2% calories from fat); 1g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 19mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Olive Oil Chive Drizzle

Servings: 8

*3/4 cup extra virgin olive oil
1/4 cup chopped chives
1 teaspoon sea salt
1 teaspoon black pepper
2 tablespoons apple cider vinegar
1 teaspoon honey*

Whiz in a blender until emulsified.

A great way to preserve all those chives that are bursting from the garden! This can be the foundation of a salad dressing, a drizzle or an addition to any soup or stew.

Per Serving (excluding unknown items): 183 Calories; 20g Fat (97.3% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 235mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.