



## Shakshuka

### Instructions:

Coat a frying pan with 3 seconds of Pam and heat on a medium flame for 2 minutes.

Add the matbucha.

When the matbucha begins to boil, pour the egg and egg whites over the matbucha (sunny side up style).

Add the salt & pepper.

Cover the pan and fry for 5 minutes.

**Serve with 2 slices whole wheat bread**

**Counts as 1 lunch**

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**Prep Time:**

1 minute

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**Cook Time:**

8 minutes

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**Ingredients:**

3/4 cup matbucha (see matbucha recipe in the Dinner Side section)

1 egg

2 egg whites

salt & pepper to taste

Pam