



White Bean and Egg Shakshuka

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 bowl or mug

Ingredients

Nonstick cooking spray

¼ cup no-salt-added tomato sauce

¼ cup no-salt-added white beans
(e.g. Cannellini, Great Northern), drained and
rinsed

¼ teaspoon dried thyme

¼ teaspoon sweet or smoked paprika

¼ teaspoon onion powder

Pinch garlic powder

Pinch salt

Pinch ground black pepper

2 eggs

Directions

1. Coat the inside of a microwave-safe bowl with cooking spray.
2. Add the tomato sauce, beans, thyme, paprika, onion powder, garlic powder, salt, and black pepper. Stir to combine.
3. Make a well in the center of the sauce, and crack the eggs into it.
4. Microwave on high power (default setting) for 1 minute.
5. Continue cooking in 20-second bursts at 80% power until the egg yolks and whites are set. Depending on your microwave, this will take about 2-4 minutes in total.
6. Serve warm.

Recipe Notes

- If you like heat, try adding a pinch of cayenne or crushed red pepper flakes.
- Transfer any leftover beans and tomato sauce to airtight storage containers and refrigerate for up to 5 days. The leftover tomato sauce could also be frozen in an ice cube tray, then transferred to a plastic storage zip-top bag and stored in the freezer for up to 3 months.

Nutrition Facts Per Serving: Calories: 200 | Total Fat: 9 g | Saturated Fat: 3 g
Sodium: 285 mg | Total Carbohydrate: 14 g | Dietary Fiber: 3.5 g | Protein: 16 g

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