



## COOKING FOR WELLNESS

CANCER SUPPORT COMMUNITY



central ohio  
UROLOGY  
group



CANCER SUPPORT  
**COMMUNITY**  
CENTRAL OHIO

# Shakshuka with Creamy Polenta

## Ingredients

### Polenta:

½ cup stone ground polenta, pulsed  
2 ½ cups of low sodium broth (vegetable or chicken)

1 tablespoon olive oil

¼ kosher salt

### Shakshuka:

1 tablespoon olive oil

½ yellow onion, diced

2 cloves of garlic, minced

½ red bell pepper, diced

1 teaspoon smoked paprika

1 teaspoon ground cumin

15 oz of whole tomatoes

½ teaspoon kosher salt

¼ teaspoon black pepper

2 eggs

¼ bunch cilantro, chopped

¼ bunch parsley, chopped

¼ cup crumbled feta



### Serves: 2

Prep Time: 15 minutes

Cook Time: 25 minutes

### Nutrition Information: 1 serving

428 calories, 16 g fat, 50 g carb (5 g fiber,  
10g sugar) 20 g protein, 900 mg sodium



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## Shakshuka with Creamy Polenta (Page 2)

### Instructions

1. In a small pot, bring 1 ½ cups of broth to a high simmer.
2. Slowly whisk in the polenta. Add ½ cup of broth and simmer for 15 minutes, stirring frequently. If your polenta is very thick, whisk in the remaining ½ cup water to ensure a creamy consistency. Turn off the heat and stir in salt and olive oil.
3. While the polenta cooks, cook the shakshuka.
4. In a medium skillet, heat the olive oil on medium low heat. Sauté the bell pepper and onions for 5 minutes or until the onions become translucent.
5. Add the garlic and all of the seasonings except for the salt and pepper. Stir and cook for an additional minute.
6. Add the tomatoes to the skillet and break down the tomatoes with the spoon. Season with salt and pepper and bring the sauce to a simmer for 5 minutes.
7. Use your spoon to make 2 small wells in the sauce. Crack the eggs into each well.
8. Cover the pan and cook for 4-5 minutes, or until the eggs are cooked to your preference.
9. Serve by adding the polenta to the bowl and topping with shakshuka. Garnish with cilantro, parsley, and crumbled feta.



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