



WEEK 3 – Something Different - 9 Eggs

Dinner: Shakshuka Skillet

Serves 4-6 | Uses 6 eggs | 20 minutes

This is one of those meals that looks impressive but is dead simple.

Ingredients

- 6 eggs
- 1 jar (24 oz) marinara
- ½ diced onion
- 1 diced bell pepper
- 1 tsp paprika
- Olive oil
- Salt & pepper

Method

1. Sauté onion and pepper in olive oil until soft.
2. Stir in marinara and paprika. Simmer 5 minutes.
3. Make 6 small wells in the sauce.
4. Crack eggs into the wells.
5. Cover and cook 8–10 minutes until whites are set.

Served with crusty bread or warm tortillas, it feels hearty. It doesn't feel like "just eggs."

