RECIPE

Green shakshuka with leeks, chard and spinach

A breakfast skillet of leeks, chard and spinach with eggs set in the greens and a slice of whole-wheat toast, about 423 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

40 min

Ingredients

- [ ] 1 tbsp olive oil
- [ ] 3 leeks, white and light green parts, sliced
- [ ] 1 tsp garlic powder
- [ ] 1 tsp ground cumin
- [ ] 1 tsp paprika
- [ ] ¼ tsp black pepper
- [ ] 3 cups chopped Swiss chard, stems and leaves
- [ ] 10 cups packed baby spinach
- [ ] 0 tsp salt
- [ ] 2 tbsp lemon juice
- [ ] 4 large eggs
- [ ] ¼ cup chopped fresh parsley
- [ ] 4 slices whole-wheat bread, toasted

Method

1. Put a deep 12-inch skillet with a lid on medium-low heat and warm the oil. Add the leeks, put the lid on and let them sweat for 8 to 10 minutes, stirring twice, until soft and sweet with no browning.
2. Stir in the garlic powder, cumin, paprika and black pepper and cook for 1 minute, until you can smell the spices.
3. Add the chard and stir for 2 minutes. Add the spinach in three handfuls, letting each wilt before the next, then stir in the salt. The greens give off their own liquid, so add no water. When the pan looks like a thick, wet bed of greens, take it off the heat for a moment and stir in the lemon juice.
4. Return to medium-low heat. With the back of a spoon, press four hollows into the greens and break one egg into each.

5. Put the lid on and cook for 8 to 10 minutes, until the whites are opaque and the yolks are firm. Check an egg with a thermometer: 160 °F, the safe temperature for egg dishes.

6. Toast the bread while the eggs cook. Scatter the parsley over the pan and set one egg, a share of the greens and a slice of toast on each plate.

7. Cool leftover greens (without the eggs) in a shallow container within 2 hours, or within 1 hour above 90 °F, then refrigerate. Reheat to 165 °F and set fresh eggs in the greens when you reheat.