

Quick Fix: Shakshuka packed with exciting flavors

Middle Eastern dish works for brunch or dinner

By **LINDA GASSENHEIMER**
Tribune News Service

Spicy stewed tomatoes topped with eggs is a Middle Eastern dish that is becoming popular in the United States. This is a filling vegetarian dish that works well for brunch or dinner.

The tomato base can be made several hours in advance. If made ahead, to finish the dish, warm the sauce and add the eggs. You can shorten the preparation time, by using ready-prepared diced fresh onion and red bell pepper from the produce department of the market.

Ground cumin, coriander and smoked paprika add exiting flavors. You can also use them to flavor rice, or cooked vegetables.

Serve with a bag of pre-



Linda Gassenheimer-TNS

Shakshuka is a Middle Eastern dish featuring stewed tomatoes.

washed salad to complete the meal.

Helpful Hints

- Have the eggs at room temperature.

- A small amount of tomato paste is used. Freeze the extra for another time.
- Use a large skillet to help the sauce reduce quickly.

Countdown

- Prepare all ingredients.
- Make the shakshuka.

Shopping List

To buy: 1 large can

reduced sodium diced tomatoes, 1 red bell pepper, 1 container cherry tomatoes, 1 small can tomato paste, 1 small bottle ground cumin, 1 small bottle ground coriander, 1 small bottle smoked paprika, 1 small bottle cayenne pepper, 1 bottle honey, 1 whole wheat baguette, 1 bunch parsley.

Staples: olive oil, eggs, garlic, onion.

SHAKSHUKA

Recipe by Linda Gassenheimer

- 1 tablespoons olive oil
- 1 cup diced onion
- 2 garlic cloves crushed
- 1 cup seeded and diced red bell pepper
- 1 cup cherry tomatoes, cut in half
- 2 cups canned reduced sodium, diced tomatoes with juice
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 teaspoons smoked paprika
- 1/4 teaspoon cayenne pepper
- 1/2 tablespoon honey
- 4 large eggs

2 tablespoons chopped parsley
4 slices whole wheat baguette

Heat oil in a large skillet over medium-high heat. Add the diced onion, garlic and red bell pepper. Saute 5 minutes, stirring to keep them from burning. Add the cherry tomatoes, diced canned tomatoes and tomato paste. Stir to blend the ingredients. Add the cumin, coriander, smoked paprika, cayenne and honey. Stir again. Cook until the sauce thickens slightly, about 5 minutes. Using the back of a spoon, make 4 wells in the sauce. Break one egg into a small bowl and slide the egg into a well. Continue with the remaining 3 eggs filling all the wells. Cover skillet with a lid and simmer 10 minutes for a runny yolk, simmer 15 minutes for a firmer yolk. Sprinkle chopped parsley on top and serve. Serve with baguette to dip into the sauce.

Yield 2 servings.

Per serving: 494 calories (35% from fat), 19.4 g fat (4.6 g saturated), 7.9 g monounsaturated, 372 mg cholesterol, 22.7 g protein, 60.6 g carbohydrates, 11.3 g fiber, 457 mg sodium.

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HOROSCOPES

by Stella Wilder

TUESDAY, MARCH 1, 2022
YOUR BIRTHDAY by Stella Wilder

Born today, you are likely to discover, at a remarkably early age, that you are not a fan of small talk, busywork or any other activity that doesn't engage your mind and/or body to the degree that you have to work at what you're doing to some extent. The fact is that you were born to work, strive, reach and accomplish -- and you were endowed by the stars with a constant drive to do things that are in some way important.

WEDNESDAY, MARCH 2
PISCES (Feb. 19-March 20) -- A creative endeavor asks a great deal of you today, but you're ready to give it your all -- especially if a certain someone is watching you.

ARIES (March 21-April 19) -- You may find yourself tackling something new and formidable, but you have what it takes to prevail. Use the clock to your advantage today.

TAURUS (April 20-May 20) -- You see through someone who is trying to deceive a number of other people -- but is it really your place to speak up? Only you can answer that.

GEMINI (May 21-June 20) -- Put your best foot forward today and you're likely to win the support of someone who is in a position to do you a lot of good -- which you need!

CANCER (June 21-July 22) -- Associations will be made clear to you today, and you'll have to decide whether to stick it out or move on to something with less stress involved.

LEO (July 23-Aug. 22) -- There are those who can match you step for step today, but no one is likely to match your unusual and very effective style. This makes a difference!

VIRGO (Aug. 23-Sept. 22) -- You have been doubted in the past, but that's not likely to matter now, when so many people are coming to you for assistance only you can give.

LIBRA (Sept. 23-Oct. 22) -- There's no reason to doubt your ability today; you have what it takes to do what needs to be done, and underlying currents all favor your efforts.

SCORPIO (Oct. 23-Nov. 21) -- You are considering jumping into something for which you know you are not fully prepared, but the likely rewards outweigh the risks today.

SAGITTARIUS (Nov. 22-Dec. 21) -- You'll get no guarantees today, but that's not likely to stop you -- particularly when you've been waiting for this for so long!

CAPRICORN (Dec. 22-Jan. 19) -- Your expectations may well be met today, but not by someone you thought would be there for you. A surprise arrival has a major influence.

AQUARIUS (Jan. 20-Feb. 18) -- The time has come for you to set aside any doubts about what lies ahead and go for it with eager confidence. Others look to you as a role model.

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110 Announcements 110 Announcements

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- Idle Hour
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TUESDAY, MARCH 1, 2022

CROSSWORD PUZZLER

ACROSS

- Slicker
- Wild fear
- Pharm. watchdog
- Give it —
- Dalai Lama's city
- Sushi-bar selection
- Pep meeting
- Whines
- Cereal holder
- Campground initials
- Profitable cargo
- South American monkey
- Em successor
- Mr. Spock's forte
- Run words together
- degree
- Impressionist painter
- Courtroom vow (2 wds.)
- Claims
- Passenger
- Fe galvanizer
- Glasgow citizen
- Shaky
- Safe caller
- Turmpike charge
- Horror-film menaces
- Kind of race
- Psyche components
- Terra —
- Ill temper
- Animal friend
- Leg parts
- German article

DOWN

- Sully
- Turkish official
- Mild cheese
- Building material
- Contented sigh
- Voice vote
- Meryl, in "Out of Africa"
- Army wear
- Charge
-
- Rosenkavalier"
- Hirt and Gore
- Take it easy
- Throng
- Light-colored beer
- Hangs fire
- Prank
- Numeral
- MacGraw of films
- Fast-growing vine
- Wrinkle removers
- Officer wannabe
- Cable network
- Mexicali matrons
- Injure a toe
- Ordinance
- Kukla's friend
- Jagger of the Stones
- Unskilled worker
- Energy
- Sonnet cousin
- Wyo. clock setting
- Sault — Marie
- Meyers of "Kate & Allie"
- Desire
- Lawrence's inits.

Answer to Previous Puzzle

D	A	B	D	O	V	E	S	O	H	M	
E	P	A	R	I	P	E	N	U	M	A	
L	E	N	T	I	L	K	O	W	T	O	
T	H	I	N	S	R	U	S	A	L	A	
H	U	T	A	L	A	N	S	W	A	M	
E	R	E	M	I	N	E	N	T	P	I	
R	O	S	A	D	I	A	L	F	I	G	
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L	I	L	R	E	E	D	S	S	O	D	
D	O	E	S	W	E	A	T	H	W	Y	

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Mondays, 7 pm
at NKWest, 1208 Adams,
La Grande, OR

NARCOTICS ANONYMOUS
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at 8pm. Episcopal Church
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