

Breakfast | Dinner

Lentil Shakshuka

5 Mins
Prep Time

10 Mins
Cook Time

4
Servings

270 Calories **9g Fat** **34g Carbs** **19g Protein**



Ingredients

4 Servings • **1 ½ Cup Servings**

15 Mins Total Time

Allergens: Eggs

1 Tbsp Extra Virgin Olive Oil

1 ½ Tsp Cumin

1 ½ Tsp Paprika

1 Tsp Onion Powder

1 (24 oz) Jar Tomato Sauce

6 Cups Baby Spinach 

1 ½ Cups Cooked Lentils 

4 Eggs 

Salt and Pepper, to taste

Allergen Swap

Egg Omit and enjoy eggless shakshuka over toast

Nourishment Note

Lentils



Lentils are a nutritional powerhouse! They are full of protein and fiber, as well as vitamins and minerals, like potassium, folate, and iron. A half cup of cooked lentils has about 8 grams of fiber. Fiber is very helpful for preventing constipation, a common side effect associated with MS. Fiber is also beneficial for improving gut health.

Spinach



Spinach is packed with antioxidants to help reduce inflammation associated with MS. It also contains nutrients and vitamins that may help lower the risk of heart disease.

Eggs



Eggs are an excellent source of lean protein, to help grow new cells. They also contain lutein that may promote eye health and choline important for memory.

Instructions

Combine Ingredients

In a large skillet, heat olive oil over medium-high heat. Add cumin, paprika, and onion powder and stir until combined. Add tomato sauce, spinach, and cooked lentils. Allow spinach to wilt while stirring until evenly mixed.

Cook On Medium Heat

Working quickly, create four pockets in the tomato sauce mixture and carefully break one egg into each pocket. Cover the skillet and cook on medium heat until the egg whites are set, about 10 minutes.

Season & Serve

Season with salt and pepper, to taste. Serve immediately. Enjoy with your favorite toast.

Recipe adapted from [lentils.org](https://www.lentils.org)

What You'll Need



Large Skillet



Measuring Cups



Measuring Spoons



Spoon

Fatigue Buster

- Use pre-washed baby spinach.
- Eggs are a fast, easy, and inexpensive protein source.