



*Delicious!*

PREPARATION: 10 MINUTES | COOKING: 25 MINUTES | SERVINGS: 2

# CABBAGE SHAKSHUKA

## INGREDIENTS

1 tablespoon olive oil

¾ cup onion, diced

1 teaspoon cumin

½ teaspoon smoked paprika

1 bay leaf

1 ½ cups cabbage, chopped

¾ cup bell pepper, diced

2 garlic cloves, minced

1 teaspoon honey

1 tablespoon balsamic vinegar

1 teaspoon dried oregano

¼ teaspoon hot pepper flakes

4 eggs

¼ cup goat cheese, crumbled

¼ cup fresh cilantro, chopped

Black pepper to taste

2 slices of sourdough bread

## PREPARATION

- 1** In a large non-stick frying pan, heat olive oil over medium heat. Add onions, cumin, paprika, and bay leaf. Cook, stirring occasionally for 10 minutes, or until translucent.
- 2** Add cabbage, bell peppers, garlic, and honey. Cook and stir occasionally for 10 minutes, or until cabbage is tender.
- 3** Add vinegar, oregano and red pepper flakes. Cook another 5–6 minutes until most of the liquid has been absorbed. Remove bay leaf and discard.
- 4** With the back of a spoon, make four wells in the sauce, and crack each egg into a well. Cover with a lid and let simmer until the egg whites are cooked and the yolks are still soft\* (4–5 minutes).
- 5** Season with black pepper and garnish with cheese and cilantro. Serve with bread and enjoy!

\* Undercooked eggs increase the risk for foodborne illness.



# CABBAGE SHAKSHUKA



## Nutrient Analysis

### PER SERVING

½ of recipe

### Renal/Diabetic Exchanges:

2 Meat + 1 Starch +  
4 Lower-Potassium Vegetable  
+ 2 Fat

Calories	408 Kcal
Protein	22 g
Total Carbohydrate	36 g
Fiber	5 g
Sugars	12 g
Fat	21 g
Saturated	6 g
Cholesterol	379 mg
Sodium	421 mg
Potassium	600 mg
Phosphorus	338 mg
Calcium	161 mg

**PLEASE NOTE:** This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

### Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input type="checkbox"/> Transplant                   |

## PHOSPHORUS CHECK ✓

### Breakfast foods without phosphate additives

Breakfast is touted to be the most important meal of the day and for good reason. It offers the opportunity to pack in healthy food options at the start of your day. There are many packaged and grab and go breakfast options available, but many contain food additives high in sodium and phosphorus.

When choosing breakfast foods, read the Nutrition Facts to see how much sodium they contain. Choose lower sodium options when possible. Next, read the ingredient list to check for phosphate additives. These will contain “phos” in the ingredient’s name. Choose foods without phosphate additives as these are easily absorbed and will likely increase your blood phosphorus level.

Luckily there are easy to prepare options without additives that you can make at home. Consider making the following:

- Egg bakes that can be quickly warmed in the microwave.
- Hard boiled eggs that are handy in the fridge for a breakfast on the go.
- A batch of hot cereal such as oatmeal to reheat in the microwave. Boost flavor with fresh or dried fruit and a dash of cinnamon. This option has just 2 milligrams of sodium per serving compared to instant oatmeal that contains 190 milligrams of sodium. Instant cereals often contain added sugar and in some cases phosphate additives.

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