



Module 4: Fad Diets

Group 1: Shakshuka

Adapted from: loveandlemons.com

Prep time: 10 minutes

Cook time: 25 minutes

Total time: 35 minutes

Yield: 4 servings

Originally from North Africa, shakshuka is a popular breakfast food throughout the Middle East. This recipe is simple and satisfying, featuring eggs poached in a harissa-spiced tomato sauce. Serve it with pita or crusty bread for breakfast, brunch, or dinner!



EQUIPMENT

- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Cutting board
- ☐ Knife
- ☐ Stainless steel or cast iron skillet with a lid
- ☐ Cooking spoon

INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 cup chopped yellow onion (1 large onion)
- 1 red bell pepper, seeded and diced
- ¼ tsp sea salt, more to taste
- Freshly ground black pepper to taste
- 3 medium garlic cloves, minced
- ½ tsp smoked paprika
- ½ tsp ground cumin
- Pinch of cayenne pepper, optional
- 1 28-oz can crushed tomatoes
- 2 tbsp harissa paste

- 1 cup fresh spinach, chopped
- 3 to 5 eggs
- 1/3 cup crumbled feta cheese
- ¼ cup fresh parsley leaves
- 1 avocado, diced
- Pita or crusty bread for serving

INSTRUCTIONS

1. Heat the oil over medium heat in a 12-inch lidded stainless steel or enamel-coated cast iron skillet. Add the onion, red pepper, salt, and several grinds of fresh black pepper. Cook until the onion is soft and translucent, 6 to 8 minutes.
2. Reduce the heat to medium-low and add the garlic, paprika, cumin, and cayenne, if using. Stir and let cook for about 30 seconds, then add the tomatoes and harissa paste. Simmer for 15 minutes until the sauce is thickened.
3. Add the spinach and stir until wilted. Make 3 to 5 wells in the sauce and crack in the eggs. Cover and cook until the eggs are set, 5 to 8 minutes. The timing will depend on how runny you like your egg yolks.
4. Season with salt and pepper to taste, and sprinkle with the feta, parsley, and avocado. Serve with warm pita or toasted bread.

Nutrition Information per skewer:

Calories	330
Total Fat	22 g
Cholesterol	197 mg
Sodium	820 mg
Total Carbohydrates	22 g
Dietary Fiber	8 g
Sugar	8.5 g
Protein	13 g
Vitamin D	10%
Calcium	15%
Iron	20%
Potassium	508 mg
Vitamin A	134%
Vitamin C	76%

*** Vegan alternative: Blend all ingredients until smooth & add to skillet in step 3 in place of eggs ***

- 1 lb block of extra firm tofu, pressed for 30+ min
- ¼ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon sea salt
- 3 tablespoons nutritional yeast
- ¾ cup vegan milk
- ½ teaspoon kala namak



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Group 1: Black Bean Brownies

Adapted from: chocolatecoveredkatie.com

Prep time: 5 minutes

Cook time: 15 minutes

Total time: 20 minutes

Yield: 9 servings

Healthier brownies do exist! Enjoy these decadent brownies :)



EQUIPMENT

- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Oven
- ☐ Food processor
- ☐ Cooking spatula
- ☐ 8x8in pan

INGREDIENTS

- 1 ½ cups black beans (1 15-oz can, drained and rinsed very well)
- 2 tbsp cocoa powder
- ½ cup quick oats
- ¼ tsp salt
- 1/3 cup pure maple syrup, honey, or agave
- 2 tbsp sugar (or omit and increase maple syrup to ½ cup)
- ¼ cup coconut or vegetable oil
- 2 tsp vanilla extract
- ½ tsp baking powder
- ½ cup chocolate chips
- Optional: more chips for presentation on top

INSTRUCTIONS

1. Preheat oven to 350°F. Combine all ingredients except chocolate chips in a food processor, and blend until completely smooth.
2. Stir in the chocolate chips and pour into a greased 8x8 pan.
3. Optional: sprinkle extra chocolate chips on the top of brownie batter.
4. Cook for 15-18 minutes, then let cool for at least 10 minutes before cutting.

Nutrition Information per serving:

Calories	220
Total Fat	11 g
Cholesterol	5 g
Sodium	174 mg
Total Carbohydrates	29 g
Dietary Fiber	3 g
Sugar	21 g
Protein	3 g
Vitamin D	0%
Calcium	3%
Iron	7%
Potassium	95 mg
Vitamin A	0.5%
Vitamin C	1%